
LOWER ALZHEIMER'S RISK BY 53%
July 2015
Prevention
YOGA EVERYONE CAN LOVE
p. 33
FINALLY! SILENCE YOUR INNER CRITIC
Aaahhh.
THE PAIN-RELIEF FAD THAT FEELS PHENOMENAL
GET SLIM & STRONG
IN 10 MIN A DAY
YOU GOT THIS! p. 62
Insanely Easy
Clean Dinners
(Real Food, No Fuss)

Complete nutrition. Half the size.*



*The benefits of a full-size nutritional drink in only half the size.**

- 10g of protein
- 26 vitamins and minerals
- Calcium and vitamin D
- Easy-to-drink compact size

*4 fl oz vs. 8 fl oz in BOOST® Original Drink

Stay Strong, Stay Active with BOOST®.

Visit BOOST.com to learn more.

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. ©2015 Nestlé

Big in nutrition.
Small in calories.



The delicious protein-packed drink to help you get the nutrition you need.

- 10g of protein
- 25 vitamins and minerals
- Only 100 calories
- Snack size

Stay Strong, Stay Active with BOOST®.

Visit BOOST.com to learn more

All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland. ©2015 Nestlé

Saving People Money Since 1936

... that's before there were shopping carts.

GEICO has been serving up great car insurance and fantastic customer service for more than 75 years. Get a quote and see how much you could save today.

geico.com | 1-800-947-AUTO | local office

GEICO



Some discounts, coverages, payment plans and features are not available in all states or all GEICO companies. GEICO is a registered service mark of Government Employees Insurance Company, Washington, D.C. 20076; a Berkshire Hathaway Inc. subsidiary. © 2015 GEICO

Contents

July

10 Minutes. Total Transformation. 62

Yes, you read that right. In only 10 minutes a day, you can lose 10 to 20 pounds and tone your entire body. Find out how!
BY *Jenna Bergen Southerland*

Taco Tuesday 74

...is now every day. And man, is it delicious. Try our 9 fast, easy, clean recipes.
BY *Khalil Hymore*

This Is Your Last Negative Thought 86

Arm yourself with the newest mindfulness techniques and finally shut down your inner critic. BY *Kate Rockwood*

Condiment Cleanup 94

Make your own tasty condiments and leave the preservatives and additives behind. BY *Khalil Hymore*

The Best Doctors You've Never Heard Of 100

A fast-growing group of American physicians stand to save you from your pain using only their bare hands.
BY *Meehan Crist*

JAMES FARRELL

Merlyn Joseph lost nearly 10 pounds in 8 weeks following our 10-minute plan, p. 62

Contents



Taco time! Clean cuisine takes on an old favorite, p. 74

News

Health 17
Nutrition 25
Fitness 30
Beauty 36

Healthy Food

Eat Clean 47
Cold-brew coffee, summer soups, alternative milks, zero-cal drinks, and more

Answers

Problem Solved! 52
Nine tips to fix a leaky bladder
Dr. Andrew Weil 118
Supplement safety: what you should know

In Every Issue

Inside Information 8
What you and we discovered this month in health and happiness
Impact 12
Better Than Ever 56
"Exercise as medicine" has never meant more than it does to former combat nurse Cherissa Jackson.
Breathing Space 61
Pets 114
From pooch-pampering hotels to the pet-friendly skies, it's never been easier to take your furry friend on vacay.
Steal This Recipe 122
A delish summer pizza loaded with fresh corn, leeks, and mozzarella



On our cover: Photograph by Chris Fanning; wardrobe styling by Alethia Weingarten; hair and makeup styling by Brandie Hopstein

CHRISTOPHER TESTANI

Integrative Health Therapies

– a difference you can feel





Side benefits.
Not side effects.

- Naturally effective therapies for common health issues
- Balanced formulas for total-body wellness
- Experience the benefits with no side effects
- Clinically researched ingredients
- Safe for long-term use

Now available at your favorite natural products retailer

RAINBOW LIGHT™

© 2015 Rainbow Light Nutritional Systems® Santa Cruz, CA 95060 800.571.4701 rainbowlight.com
*These statements have not been evaluated by the Food and Drug Administration.

Prevention

Bruce Kelley
EDITOR-IN-CHIEF

MANAGING EDITOR **Polly Chevalier** DIGITAL DIRECTOR **Heidi Cho**
EXECUTIVE EDITOR **Olessa Pindak** DEPUTY EDITOR **Amy Beal**
HEALTH DIRECTOR **Kate Lowenstein** FITNESS DIRECTOR **Jenna Bergen Southerland**
FOOD AND NUTRITION DIRECTOR **Sarah Toland** CONTRIBUTING FOOD EDITOR **Khalil Hymore**
DIGITAL EDITOR **Hollis Templeton** ENGAGEMENT EDITOR **April Rueb**
SENIOR ASSOCIATE EDITOR **Stephanie Eckelkamp** ASSOCIATE BEAUTY EDITOR **Jessica Chia**
FOOD AND NUTRITION WRITER **Caroline Praderio** HEALTH WRITER **Sarah Klein**
ASSISTANT EDITOR **Amber Brenza**

DIGITAL PRODUCTION MANAGER **Emily Frey**
WEB PRODUCER **Marielle Messing** JUNIOR PRODUCERS **Emily Mitchell, Stefan Zdanowicz**

ART

CONTRIBUTING ART DIRECTOR **Rodney Allen Trice** ASSOCIATE DESIGN DIRECTOR **Lee Leckey**
CONTRIBUTING DEPUTY ART DIRECTOR **Edith Gutierrez-Hawbaker** ASSOCIATE ART DIRECTOR **Ryan Flores**
PHOTO DIRECTOR **Anthony LaSala** PHOTO EDITOR **Tori Katherman**
ART PRODUCTION COORDINATOR **Cory Treadway** PRODUCTION DIRECTOR **Paul Kramer**
DIGITAL PRODUCTION SUPERVISOR **Jennifer Giandomenico**

COPY/RESEARCH

COPY EDITOR **Siobhan DeRemer** RESEARCH DIRECTOR **Diana Erney**
RESEARCH EDITORS **Devon Rutz, Lindy Speakman**

EXECUTIVE ASSISTANT **Melisa Klausner** CONTRIBUTORS **Marc Adelman, MD, Chris Freytag, Ashley Koff, RD**

EDITOR AT LARGE

SVP, RODALE NEW CONTENT DEVELOPMENT **Anne Alexander**

SOME OF OUR ADVISORS

Osama Hamdy, MD, JOSLIN DIABETES CENTER **David L. Katz, MD,** YALE UNIVERSITY SCHOOL OF MEDICINE
Mary Jane Minkin, MD, YALE UNIVERSITY SCHOOL OF MEDICINE **Steven E. Nissen, MD,** CLEVELAND CLINIC
Jennifer A. Reinhold, PharmD, UNIVERSITY OF THE SCIENCES IN PHILADELPHIA
Kevin Spelman, PhD, MARYLAND UNIVERSITY OF INTEGRATIVE HEALTH
Wayne L. Westcott, PhD, QUINCY COLLEGE **Joshua Zeichner, MD,** MOUNT SINAI MEDICAL CENTER
FOR A COMPLETE LIST, GO TO *PREVENTION.COM*

Lori Burgess
PUBLISHER

ASSOCIATE PUBLISHER, MARKETING **Vildia Samaniego** NATIONAL ADVERTISING DIRECTOR **Eric Bizzak**
ADVERTISING FINANCE MANAGER **Elizabeth Bloom** EXECUTIVE DIRECTOR, DIGITAL SALES **Renee Appelle**
VP, GROUP RESEARCH DIRECTOR **Lynn Canning** PUBLISHER'S ASSISTANT **Brittany Basse**

ADVERTISING SALES

NEW YORK **Michele Brown, Rebecca Diamond, Monica Lipkin, Rebecca Weinreich** (212) 573-0221
CHICAGO **Mark Adeszko** **NORTHWEST** **Anne Hassett**
DIRECT RESPONSE **Nancy Forman/Media People** (212) 779-7172 ext. 224 SENIOR SALES ASSISTANT **Christina Marocco**

PREVENTION.COM

NATIONAL DIGITAL DIRECTOR **Sara Lipton** SALES PLANNER **Rose Marinari**

RESEARCH DIRECTOR **Lisa McGilvray** MAGAZINE PRODUCTION MANAGER **Jennifer Graber**
ADVERTISING PRODUCTION SPECIALIST **Cindy Wenrich**

INTEGRATED MARKETING

INTEGRATED MARKETING DIRECTOR **Nicole Dale** DESIGN DIRECTOR **Luis Vega**
INTEGRATED MARKETING MANAGERS **Corrine Barcia, Marisa Kamerman**

SVP, MAGAZINE AND E-TAIL CONSUMER MARKETING **Joyceann Shirer**
SENIOR DIRECTOR, CONSUMER AND PARTNERSHIP MARKETING **Debra Protchko**
SENIOR DIRECTOR, COMMUNICATIONS **Bethridge Toovell**
VP, FINANCE **Laurie Jackson** FINANCE MANAGER **Jackie Baum**

CUSTOMER SERVICE

Online: *prevention.com/customer-service*; **e-mail:** *pvncustserv@cdsfulfillment.com*; **phone:** (800) 813-8070;
or mail: Prevention Customer Service, PO Box 26299, Lehigh Valley, PA 18002-6299

Global Editions/Editors-in-Chief

AUSTRALIA Jacqueline Mooney
INDIA Sanghamitra Chakraborty

CENTRAL & LATIN AMERICA **Enriqueta Gallart**
CHILE ECUADOR PERU VENEZUELA
COLOMBIA MEXICO PUERTO RICO

© Copyright 2015 by Rodale Inc.

Steps in the bright direction

New vívofit 2 activity tracker



Get up and get moving with vívofit 2.

JOIN THE MOVEMENT

Garmin.com/vivo

GARMIN.

©2015 Garmin Ltd. or its subsidiaries

[4] FUN, SMART THINGS WE ALL LEARNED THIS MONTH—AND HOW TO ACT ON THEM RIGHT NOW



BRUCE KELLEY
EDITOR-IN-CHIEF



For Every Hour You Sit, Move 2 Minutes

That may be all the health math we need. A *Clinical Journal of the American Society of Nephrology* study found walking for that long per day was associated with a 33% lower risk of death. **TRY IT NOW:** Do our Fit in 10 plan (p. 62) to not only cover 5 hours of desk time a day but also lose 13 lb. I'm no Einstein, but that equation sounds pretty good.

How to De-Stress the Sunday Grocery Haul

Spending precious weekend time food shopping is annoying, but the head-scratching "healthy" options on the shelves make it even more irritating. **TRY IT NOW:** Our new monthly series, "Eat Clean, Stay Lean," simplifies the aisles. This month, on p. 48, find out the best summer thirst-quencher—now that we know diet soda is a health disaster.



FROM TOP: MITCH MANDEL. KATE WARREN. UPPERCUT IMAGES/GETTY IMAGES

You may think all pain relievers are the same. Your doctor doesn't.



For people with high blood pressure or on aspirin heart therapy, TYLENOL® is the brand of pain reliever recommended most often by doctors, more than all other brands combined.

© McNEIL-PPC, Inc. 2015

Learn more at
Tylenol.com/youshouldknow

TYLENOL®
For what matters most™



The Trick That Will Make You Want to **Clean Your Microwave**

Confession: Our family microwave has moments when it looks like a bad Jackson Pollock painting. Yet using "cleaning" chemicals all over the space where our food spends time doesn't feel great, either. Enter this ingenious trick from the popular website TheKitchn.com. It takes only three things: a lemon, a small bowl, and a dry rag. **TRY IT NOW:** Put ½ cup water into the bowl, along with the juice and rind of the lemon. Microwave on high for 3 minutes and let stand for 5 more minutes. Finally, remove the bowl and wipe everything clean. Nice.

LAUGH HARD AT THIS VIDEO—**AND AGING ITSELF**

This profane picnic sketch from Comedy Central's *Inside Amy Schumer* made women (and men!) age 40+ stand up and clap. Skewering the antiquated way Hollywood treats women of a certain age, Tina Fey, Julia Louis-Dreyfus, and Patricia Arquette toast Louis-Dreyfus's "Last F**kable Day," the imagined moment the industry tells an actress she will now be cast only in unsexy parts. "Believe me, no one was more surprised than me that they let me stay f**kable throughout my 40s," Louis-Dreyfus says, dryly. **TRY IT NOW:** When the birthdays under your belt threaten to get in the way of what you really want, mentally send those thoughts off in a Viking funeral (à la Louis-Dreyfus at the end of the skit).



SOURCE: MAXWELL RYAN, FOUNDER OF APARTMENT THERAPY MEDIA. PHOTOS, FROM TOP: PIONEER111/GETTY IMAGES. COURTESY OF COMEDY CENTRAL

MADE YOU LOOK.

(and yes, she's wearing them)





Also available in Liners & Pads

Try Always Discreet underwear for sensitive bladders–granted the Good Housekeeping Seal. So what are you waiting for? Get coupons and your *free sample*† at alwaysdiscreet.com.

Always Discreet. So bladder leaks can feel like no big deal.

†while supplies last.

A Picture of Healing

Our muscles, bones, joints, ligaments, and organs are intricately connected in a web that keeps us supple and healthy. And according to a burgeoning crop of osteopathic doctors (learn more on p. 100), the slightest imbalance can lead to unexpected aches or even disease. Daniel Shadoan, a DO in San Francisco, takes x-rays like the one at right, for a patient in her 40s with neck pain, only after doing a structural exam with his hands. Then he uses his well-trained touch to coax his patients' bodies back to good health. Because sometimes true healing may be in small, careful adjustments, rather than dramatic overhauls. Doesn't that sound about right?



Impact

DAVE LAURIDSEN

Irritable Bowel Syndrome with Constipation (IBS-C)



Proactively manage your recurring symptoms with LINZESS®

Do you keep taking laxatives, but can't get your symptoms to stay away? You may have more than just occasional constipation. It's time to talk to your doctor about your belly pain and constipation. Then ask about LINZESS, a once-daily capsule that's approved to help adults manage symptoms of IBS with Constipation. LINZESS works differently from laxatives. It is thought to work in two ways: by helping to calm pain-sensing nerves*, and by accelerating bowel movements. LINZESS may relieve your belly pain and let you have more frequent and complete bowel movements that are easier to pass.

Bottom line, if your IBS-C symptoms keep coming back, ask your doctor about LINZESS today.

*This was seen in animal studies and the relevance to humans is not known.

Who is LINZESS for?

Prescription LINZESS® (linaclotide) is for adults with IBS-C. **It is not known if LINZESS is safe and effective in children.**

IMPORTANT RISK INFORMATION

- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

Before you take LINZESS, tell your doctor:

- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk.
- **About all the medicines you take**, including prescription and non-prescription medicines, vitamins, and herbal supplements.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.FDA.gov/medwatch or call 1-800-FDA-1088.

Side Effects

LINZESS can cause serious side effects, including diarrhea, the most common side effect, which can sometimes be severe. Diarrhea often begins within the first 2 weeks of LINZESS treatment. **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include gas, stomach-area (abdominal) pain, swelling, or a feeling of fullness or pressure in your abdomen (distension). Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdominal) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Learn about our money-saving offer at LINZESS.com.

Please see brief summary of Medication Guide on the next page.

Actavis | Ironwood

Actavis™ and its design are trademarks of Actavis, Inc. or its affiliates.
Ironwood™ and the three-leaf design are trademarks of Ironwood Pharmaceuticals, Inc.

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

LINZESS® and its logo are registered trademarks of Ironwood Pharmaceuticals, Inc. and are used herein under license.
© Actavis and Ironwood Pharmaceuticals, Inc. 2015. All rights reserved. LIN26546-d 03/15

Brief Summary of Important Risk Information
LINZESS® (lin-ZESS) Capsules

Linzess® (linaclotide) capsules
145 mcg • 290 mcg

This information does not take the place of talking to your doctor about your medical condition or your treatment.

What is LINZESS?
LINZESS is a prescription medication used in adults to treat irritable bowel syndrome with constipation (IBS-C) and a type of constipation called chronic idiopathic constipation (CIC). "Idiopathic" means the cause of the constipation is unknown. **It is not known if LINZESS is safe and effective in children.**

What is the most important information I should know about LINZESS?
- **Do not give LINZESS to children who are under 6 years of age. It may harm them.**
- **You should not give LINZESS to children 6 to 17 years of age. It may harm them.**

Who should not take LINZESS?
- **Do not give LINZESS to children who are under 6 years of age.**
- Do not take LINZESS if a doctor has told you that you have a bowel blockage (intestinal obstruction).

What should I tell my doctor before taking LINZESS?
Before you take LINZESS, tell your doctor:
- If you have any other medical conditions.
- If you are pregnant or plan to become pregnant. It is not known if LINZESS will harm your unborn baby.
- If you are breastfeeding or plan to breastfeed. It is not known if LINZESS passes into your breast milk. Talk with your doctor about the best way to feed your baby, if you take LINZESS.
- **About all the medicines you take,** including prescription and non-prescription medicines, vitamins and herbal supplements.

How should I take LINZESS?
- Take LINZESS exactly as your doctor tells you to take it.
- Take LINZESS one time each day on an empty stomach, at least 30 minutes before your first meal of the day.
- Swallow LINZESS capsules whole. Do not break or chew the capsules.
- If you miss a dose, skip the missed dose. Just take the next dose at your regular time. Do not take 2 doses at the same time.

What are the possible side effects of LINZESS?
LINZESS can cause serious side effects, including:
- **Diarrhea is the most common side effect of LINZESS, and it can sometimes be severe.** Diarrhea often begins within the first 2 weeks of LINZESS treatment.
- **Stop taking LINZESS and call your doctor right away if you get severe diarrhea during treatment with LINZESS.**

Other common side effects of LINZESS include:
- gas
- stomach-area (abdomen) pain
- swelling, or a feeling of fullness or pressure in your abdomen (distention)

Tell your doctor if you have any side effect that bothers you or that does not go away. These are not all the possible side effects of LINZESS. For more information, ask your doctor or pharmacist.

In addition, call your doctor or go to the nearest hospital emergency room right away if you develop unusual or severe stomach-area (abdomen) pain, especially if you also have bright red, bloody stools or black stools that look like tar.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store LINZESS?
- Store LINZESS at room temperature between 68°F to 77°F (20°C to 25°C).
- It is important to keep LINZESS in the bottle that it comes in.
- The LINZESS bottle contains a desiccant packet to help keep your medicine dry (protect it from moisture). Do not remove the desiccant packet from the bottle.
- Keep the container of LINZESS tightly closed and in a dry place.

Keep LINZESS and all medicines out of the reach of children.

Need more information?
- This section summarizes the most important information about LINZESS. If you would like more information, talk with your doctor.
- Go to www.LINZESS.com or call 1-800-678-1605.

Actavis | Ironwood
IRONWOOD PHARMACEUTICALS
CAMBRIDGE MA 02142

LINZESS® and its logo are registered trademarks of Ironwood Pharmaceuticals, Inc. and are used herein under license.
©Actavis and Ironwood Pharmaceuticals, Inc. 2015.
All rights reserved.
Based on PI LIN19696-F-RMC18356-07/14
LIN27530 07/14

Health

Hardier Heart • Stronger Brain • Better Sex

Eat Carbs, Live Longer?

Your morning oatmeal may be earning you extra birthdays. A daily serving of whole grains cuts risk of heart disease by 9%, says a study from the Harvard School of Public Health. For bread and other processed carbs, don't be misled by label lingo like "100% wheat" or "multigrain"; instead scan ingredients for actual whole wheat and grain. Better, stock up on barley, brown rice, whole rolled oats, millet, even popcorn. FYI: Three servings a day of whole grains minimize Alzheimer's risk, too (see p. 22).

Source: JAMA Internal Medicine

Just ⅛ cup of uncooked oats turns into a heart-bolstering serving of whole grain carbs.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY KRISTINE TREVINO

Risk vs. Reward: *Should you work out in polluted air?*

In short, yes: Inhaling unclean air isn't going to cancel out the benefits of the exercise. A study of more than 52,000 middle-aged city-dwellers in Denmark found that outdoor exercise had a bigger impact on life span than air pollution did. Regularly playing sports, biking, and gardening helped people live longer even if they breathed in filthy air during those activities. Working out in pristine nature is still preferable, of course, but if your only option is a walk along a busy road, it's better than sinking deeper into the couch.

Source: Environmental Health Perspectives

That Hypoallergenic Label Might Be Lying to You



A startling number of products labeled "hypoallergenic" are rife with skin irritants, according to a new study. Of 187 children's personal-care products bearing terms like "dermatologist-tested" and "hypoallergenic" (which aren't regulated by the FDA), a full 89% contained at least one common allergen, like beeswax or the preservative phenoxyethanol, and 11% contained five or more. Sensitive-skinned? Look for short ingredient lists and no added color or fragrance, says Janna Tuck, a spokeswoman for the American College of Allergy, Asthma, and Immunology.

Source: Journal of Allergy and Clinical Immunology

PHOTOGRAPH BY CAVAN IMAGES/OFFSET. ILLUSTRATION BY CARLOS APONTE

START IMPROVING THE HEALTH OF YOUR MOUTH TODAY*



Colgate Total® products eliminate 15x† more bacteria to improve the health of your mouth

*The regimen fights germs, fortifies enamel and improves gum health. Results improve with continued use.

†vs. an antibacterial control regimen after 2 weeks regular use.

©2015 Colgate-Palmolive Company



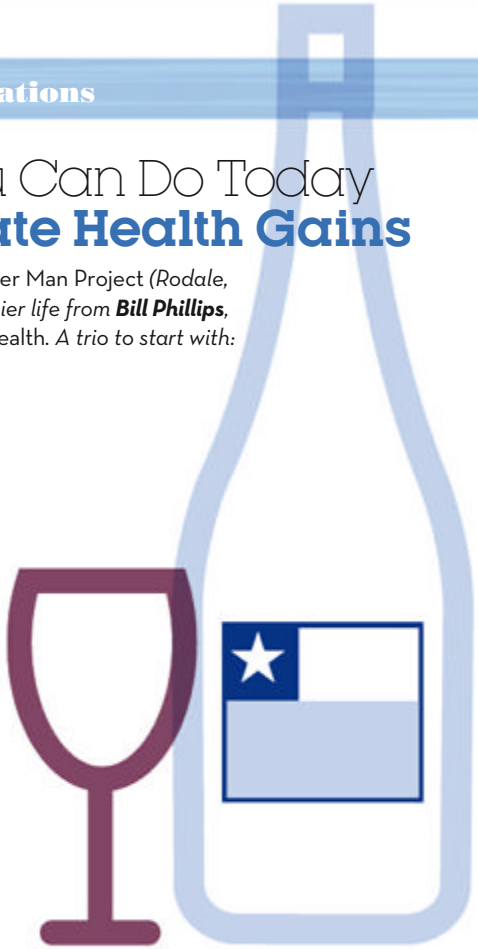
3 Things You Can Do Today for **Immediate Health Gains**

Small tweaks reap big rewards in The Better Man Project *(Rodale, 2015), a new guide to a healthier and happier life from* ***Bill Phillips****, editor-in-chief of our brother mag* Men's Health. *A trio to start with:*

1 **DO THIS:** Drink red wine from Chile instead of France.
GAIN THIS: A reduced risk of cancer. Chilean cabernet sauvignon is 38% higher than French red in flavonols, antioxidants that plunder cancer-causing free radicals.

2 **DO THIS:** Eat two potassium-rich foods, like bananas and sweet potatoes, every day.
GAIN THIS: A 20% lower risk of stroke, courtesy of potassium's blood-pressure-lowering effects.

3 **DO THIS:** Rest quietly for 10 minutes after learning something new (like a work presentation).
GAIN THIS: Retention of up to 20% more information than if you don't chill, according to Scottish researchers.



50

Sex gets better after this many years of marriage. Really! A recent study uncovered a slight but significant uptick in frequency for couples beyond their golden anniversary. Study author Samuel Stroope, a psychologist at Louisiana State University, chalks this happy pattern up to the next-level trust shared by couples who have invested in decades together.

Source: Archives of Sexual Behavior

FROM LEFT: KEVIN SPROULS. CARLOS APONTE (2)

K-Y

The Mood strikes when you least expect it.

Unless that's when you expect it to strike,

Then it probably won't.

The Mood is full of surprises.

But with K-Y® LIQUIBEADS®

you're ready for the right time. All the time.

So you'll never be caught off guard,

when The Mood decides to show.





Each discreet insert of **LIQUIBEADS®** from the #1 doctor recommended K-Y® Brand, gently dissolves within minutes, then gradually releases soothing moisture to give you the peace of mind to act spontaneously. The days of worrying about lack of moisture are over.

Eat This Way and **Avoid Alzheimer's**

People who tried the new scientist-designed MIND diet lowered their risk of Alzheimer's by 53%. Eat this many weekly servings of the following nine foods.*

WHOLE GRAINS: 21



Packed with fiber to fuel a productive brain. Aim for 3 servings a day.

BERRIES: 2



Thanks to their flavonols, they're the only fruit that can slow brain decline.

BEANS: 3



Plenty of fiber, plus low-fat protein for growing brain cells.

LEAFY GREENS: 6



Full of antioxidants and carotenoids to protect gray matter.

POULTRY: 2



Delivering dementia-preventing B vitamins and low-fat protein.

NUTS: 5



Rich in vitamin E, which has been shown to lower risk of Alzheimer's.

OTHER VEG: 7



Packed with plant-based antioxidant power.

FISH: 1



Rich in brain-cell-fortifying omega-3 fatty acids.

WINE: 7



Alcohol reduces dementia risk. Stick to 1 glass a day.

*And use olive oil for cooking and dressings, for its memory-protecting polyphenols.

KEEP THESE FOODS TO A MINIMUM	**Red meat:** 4 times a week or less **Fast food, fried food, and cheese:** less than once a week **Butter or margarine:** fewer than 7 tablespoons a week **Pastries or sweets:** less than 5 times a week

Source: Alzheimer's & Dementia: The Journal of The Alzheimer's Association; *Martha Clare Morris, ScD, Rush University*

FROM TOP (LEFT TO RIGHT): GETTY IMAGES; 4KODIAK. GABOR IZSO. ALASDAIR THOMSON. FLOREA MARIUS CATALIN. JONATHAN KANTOR. JILL FROMER. DONALD ERICKSON. CYNOCLUB. DORI O'CONNELL

This is not just a bed.



Track and optimize your sleep with SleepIQ® technology

It's the sleep experience that will change your life.

Whether you prefer supreme softness or conforming comfort layers, the SLEEP NUMBER® bed is uniquely designed for a better night's sleep. At the simple touch of a button, DualAir™ technology allows you to find ideal comfort and support with exceptional pressure relief on each side—your SLEEP NUMBER® setting.

Know Better Sleep®

With new SleepIQ® technology, the *Sleep Number* bed provides a simple and intuitive way to know more about your sleep. Using DualAir™ technology inside the bed, SleepIQ® tracks your sleep and provides you with information that empowers you to achieve your best possible sleep, night after night. There's nothing to wear, nothing to turn on. All you have to do is sleep. **Our Queen c2 mattress with SleepIQ® technology is only $999.98.**

Snoring? Now there's even an adjustment for that.

Read, watch TV, surf the web and adjust your bed's firmness when you add a FlexFit™ adjustable base to your SLEEP NUMBER® mattress. Some even have a Snore feature that may temporarily relieve mild snoring in healthy adults.

sleep number.
know better sleep®

Call or Click for Your Catalog and $50 Savings Card†
1.800.831.1211 (ext. 77573) • www.sleepnumber.com/preventionjul15



FlexTop® King c4 mattress shown on a FlexFit™ 3 adjustable base. Upholstered furniture sold separately.
*May temporarily relieve common mild snoring in healthy adults. Available with Split King and FlexTop® King mattresses on FlexFit™ 2 and 3 adjustable bases.
†Restrictions apply. See savings card for details and expiration date. © 2014 Select Comfort


RODALE'S
OrganicLife
FOOD HOME GARDEN WELLBEING
The New Magazine for Living Naturally
in the Modern World
Subscribe: RodalesOrganicLife.com/ad

Nutrition

Fresh Greens • Carbs Minus Cals • Fiber Facts

Meet the New Kale

Sweet potato leaves are the leafy green du jour with healthy home cooks, and for good reason: The greens, which grow aboveground, are softer and less bitter than kale, but just as versatile in salads and cooked dishes. They're also super-low in calories and big on nutrition, with three times the vitamin B_6, five times the vitamin C, and almost 10 times the riboflavin of sweet potatoes themselves, according to a study in *HortScience*. Find them in season May to October at natural grocers, farmers' markets, and CSAs.



MAKE IT TONIGHT! Head to *prevention.com/sweet-potato-greens* for this easy, tasty recipe.

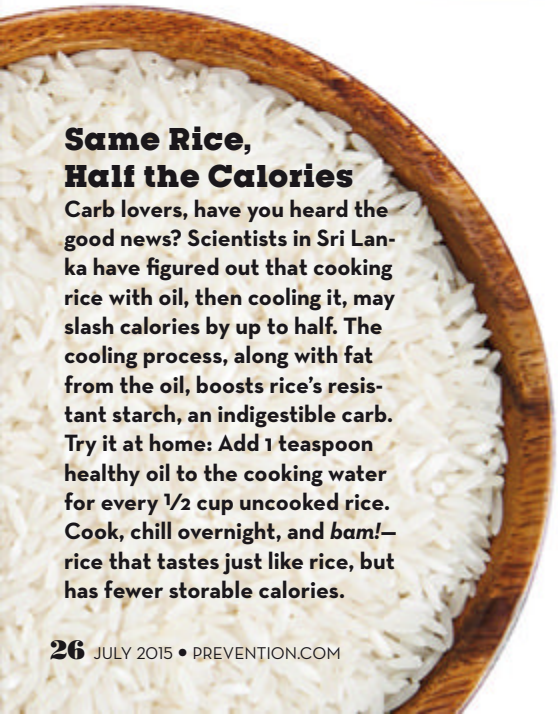
PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY KRISTINE TREVINO



ONE-WORD ANSWER

Is canola oil really bad for me? no!

Canola oil has gotten a bad rap: The conventional stuff is often made from genetically modified plants, extracted using a chemical solvent called hexane, and then deodorized, which can create trans fats. But canola is higher in anti-inflammatory omega-3 fats than other oils, including olive. To avoid bad fats and chemicals, opt for an organic or non-GMO expeller-pressed or cold-pressed oil like **La Tourangelle Organic Canola Oil ($7)**.



Same Rice, Half the Calories

Carb lovers, have you heard the good news? Scientists in Sri Lanka have figured out that cooking rice with oil, then cooling it, may slash calories by up to half. The cooling process, along with fat from the oil, boosts rice's resistant starch, an indigestible carb. Try it at home: Add 1 teaspoon healthy oil to the cooking water for every ½ cup uncooked rice. Cook, chill overnight, and *bam!*—rice that tastes just like rice, but has fewer storable calories.

43%

That's how much lower the risk of colon and rectal cancers is for those on a pescetarian diet (think vegetarian plus seafood). Pescetarians showed a bigger drop in risk than vegans, who had a reduced risk of 16%. Researchers credit—what else?—the abundant levels of anti-inflammatory omega-3s in seafood.

Source: JAMA Internal Medicine

FROM TOP: SIMON SMITH/GETTY IMAGES; KADIR BARCIN/GETTY IMAGES



Sleep like a baby.

The non-habit forming
sleep-aid from the
makers of NyQuil.™
Sleep easily.
Sleep soundly.
And wake refreshed.

VICKS

Use as directed for occasional sleeplessness. Read each label.
Keep out of reach of children. © Procter & Gamble, Inc., 2014



Jennifer Garner wears sunscreen every day, no matter what the weather says.

UVA rays can pass through clouds, haze, even windows. During your life, the more unprotected exposure you get, the greater your risk of developing skin cancer. In fact, 1 in 5 Americans will develop skin cancer in their lifetime. Protection and early detection are the key to survival.

For sun safety tips and life-saving tools, like a free dermatologist skin cancer screening, self-exam kit and discounts on sunscreen products, go to

ChooseSkinHealth.com

with participation from

ASDS
American Society for Dermatologic Surgery

Your Body on Fiber

Eating 10 g more fiber daily can cut your risk of premature death by 10%. Here, seven more reasons to hit the recommended daily dose of 25 g.

Brain

Adding 7 g daily can cut stroke risk by 7%.

Heart

Heart disease risk drops by 9% for each 7 g consumed daily, thanks to fiber's cholesterol-lowering powers.

Waistline

People who simply increased their daily fiber intake to 30 g or more lost nearly as much weight as those on a more complicated diet plan that included restricting calories.

Kidneys

Getting more than 21 g of fiber daily stands to lower risk of kidney stones by 22%.



Lungs

Dietary fiber soothes systemic inflammation and may slash risk of inflammatory diseases like COPD.

Gut

Eating more fiber can balance levels of healthy bacteria, helping aid digestion.

Blood Sugar

Fiber slows the body's absorption of glucose, controlling blood sugar spikes and decreasing diabetes risk.

Sources: British Medical Journal; Stroke; Journal of Nutrition; Annals of Internal Medicine; Journal of Urology; American Journal of Medicine; Journal of Molecular Biology; American Journal of Clinical Nutrition; *Mayo Clinic*

GIULIO MENCARONI

Fitness

A Healthier Mate • Easier Yoga • Reasons to Run

Power On to Help Your Partner

Step one to getting your mate healthy: Focus on yourself. In a recent study of more than 3,000 married and cohabiting couples age 50 and older, researchers found that when one person became more physically active or lost weight, his or her partner's chances of doing the same nearly doubled or tripled respectively. "When you model a healthy behavior, it can inspire your partner to join you," says study author Jane Wardle. Never having to nag *and* getting your workout in without feeling guilty? Sounds like a plan.
Source: JAMA Internal Medicine

67%
That's how much more likely your partner is to start exercising when you become more active.





EDUARD BONNIN/STOCKSY



NOT TONIGHT, I'M TOO TIRED.

WHEN "I'M TOO TIRED" IS MORE THAN JUST AN EXCUSE.

We've all faked a headache or used the excuse "I'm too tired" but the truth is many of us really are too tired…too tired for a little romance, too tired for exercise, and too tired to concentrate. Life is busy and trying to juggle family and work can leave you feeling exhausted and run-down…especially if you are iron deficient. Never mind the fact that those dark circles under your eyes and pale skin can leave you feeling unattractive. When going to bed early is your idea of a "good time", it's time for a change. Floradix is an easily absorbed, plant-based, nonconstipating, liquid iron supplement with no artificial additives or preservatives and has been helping women reclaim their energy for over 60 years.* So redefine your definition of a "good time" with Floradix and rekindle the romance.



FLORA **VEGETARIAN + NON-GMO + ADDITIVE- & PRESERVATIVE-FREE**
VISIT WWW.FLORAHEALTH.COM FOR MORE INFO.

Receive a **$4 coupon** toward your next purchase of Floradix! Visit: **WWW.FLORAHEALTH.COM/TOOTIRED**

*THIS STATEMENT HAS NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THIS PRODUCT IS NOT INTENDED TO DIAGNOSE, TREAT, CURE, OR PREVENT ANY DISEASE.

The #1 Mistake Women Make in Spin Class



Getting even more out of your cycling workout may be simple: Keep your butt out of the seat for longer. Oxygen consumption jumps significantly in both climbing and running positions, which means you'll get fitter faster, according to new research. Why the boost? "When you're out of the saddle, you have to support your body weight, so your lungs and heart are forced to work harder," says study coauthor (and cycling instructor) Nicole Rendos.

Source: Journal of Strength and Conditioning Research



Sore Muscles? Here's a Fishy Fix

If workouts tend to leave you achy, consider refueling with fish. In a recent study, participants taking a daily supplement containing 102 mg of omega-3 fatty acids—about the amount in a 1.5 oz serving of salmon—reported less muscle soreness and tenderness than those popping a placebo. "The omega-3 fatty acids in fish oil have anti-inflammatory properties," says sports doctor Jordan Metzl. "Just as those properties keep your heart healthy, they can keep your muscles in good shape, too."

Source: Journal of the International Society of Sports Nutrition

FROM TOP: NEUSTOCKIMAGES/GETTY IMAGES. CHINAVIEW/GETTY IMAGES

4 Ways to Make Yoga Easier at Every Size

Feel healthier, happier, and more energized with these curve-friendly modifications from Abby Lentz, creator of the HeavyWeight Yoga method.



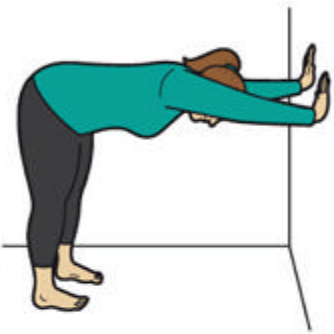
Tree Pose

Try it with a kickstand. Standing, shift weight slightly onto left foot. Lift right heel above left ankle, keeping right toes on floor as shown. Extend arms overhead. Hold for 5 to 10 breaths. Repeat on opposite side.

Forward Fold

Try it seated. Sit on chair, feet wide and planted firmly on floor with toes slightly angled out for comfort. Place hands on thighs. Sit up tall and, leading with chest, hinge forward at hips, rolling torso parallel to floor between thighs. Relax head and neck, arms extended and dangling by legs as shown. Hold for 5 to 10 breaths.





Downward-Facing Dog

Try it at the wall. Stand facing wall, feet hip-width apart and arms extended with palms pressing against wall. Slowly walk hands down wall until torso is parallel to floor, keeping back flat. Relax head and neck. Hold for 5 to 10 breaths.



COLIN HAYES

Pigeon Pose

Try it with a strap. Lie faceup on mat. Place yoga strap around left foot and low thigh or cradle left foot and knee with hands. Draw left shin toward chest as shown. Hold for 5 to 10 breaths. Repeat with opposite leg.

Your Body on Running

One workout, a zillion benefits: Here are just a few of the amazing things you're doing for yourself each time you pop in those earbuds and go.



Mood
Even a slow 30-minute jog has been shown to lift mood and ward off stress.

Longevity
Research suggests that just an hour a week can extend lifespan by an average of 3 years.

Sleep
When study participants logged 30 minutes a day for 3 weeks, they fell asleep faster and stayed asleep longer.

Heart
People who averaged 6 miles a week lowered their risk of death from cardiovascular disease by 45%.

Weight
Running at 6 MPH for 30 minutes 5 times a week burns 340 calories. That amounts to a loss of 25 pounds in 1 year.

Memory and Focus
Research shows that 30 minutes a day 4 times a week protects the area of the brain responsible for memory and helps boost concentration and focus.

Metabolism
A regular routine expands lung capacity and increases blood flow, which results in better metabolic function.

Diabetes
Thirty minutes a day 5 times a week decreases diabetes risk by 12%.

PAUL OAKLEY



Kashi GOLEAN is my FUEL.

®,TM, © 2015 Kashi Company

*5g Fat per serving

Beauty

Renew Menopausal Skin • Banish Cold Sores



The Formula for Getting Your Glow Back

As we age, sinking estrogen levels slow oil production—leading to a dull complexion. But a new science-backed solution staves off the slow fade: A peel with 8% vitamin C and 2% retinol upped sebum (oil) levels in perimenopausal women by as much as 65% in 9 weeks. Reproduce the effect at home with the same retinol–vitamin C combo, found in **InstaNatural Age Defying & Skin Clearing Serum ($22)**, which boasts 2.5% retinol and 20% vitamin C.

Sources: Journal of Cosmetic Dermatology; *Karen Hammerman, MD, cosmetic dermatologist at Vanguard Dermatology in New York City*

What a relief: The secret to being dewy isn't youth; it's a simple combination of two ingredients.

JAMES FARRELL



Dry eye happens when this layer breaks down. Soothe XP can help.

Your eyes have an outer protective lipid layer that keeps in moisture. Only Soothe XP contains Restoryl™ mineral oils that help restore this layer, seal in moisture, and protect against further irritation. Ordinary drops can't do that.



BAUSCH + LOMB
See better. Live better.

Available in the eye care aisle.



SAVE $4 off any
BAUSCH + LOMB
Soothe
Lubricant Eye Drops
SootheEyeDrops.com.

MANUFACTURER'S COUPON | EXPIRES 12/31/2015

CONSUMER: Coupons can only be redeemed at retail locations. Coupons may not be redeemed for cash or used to purchase products directly from Bausch + Lomb. **RETAILER:** We will reimburse you at face value plus 8 cents handling per coupon if used in accordance with the terms of the Bausch + Lomb Coupon Redemption Policy (CRP#1). Coupon void if faxed or prohibited by law. Limit one coupon per purchase of specified products. Good only in USA. Void if copied, transferred or expired. Not valid with any other coupon. Not redeemable for more than purchase price. Void where prohibited by law and where reimbursed under Medicare, Medicaid, or other government programs, and in states, including Massachusetts, that prohibit patient rebates if a third-party pays any of the prescription price. Mail to: Bausch + Lomb, Inmar Dept. 10119, 1 Fawcett Dr., Del Rio, TX 78840.

Distributed by Bausch + Lomb, a Division of Valeant Pharmaceuticals North America LLC, Bridgewater, N.J. © 2015 Bausch & Lomb Incorporated. Soothe and Restoryl are trademarks of Bausch & Lomb Incorporated or its affiliates. All other brand/product names are trademarks of their respective owners. US/SXP/15/0012

0310119-021518



Waxing Isn't Waning

Most women still groom their bikini areas despite irritation and itchiness, a new study says. Waxing is the least irritating route—if you do it right. Here's how:

1. **DON'T DIY.** You physically can't pull from the proper angle to remove hair from the root, so a flawless finish will be out of reach, no matter how hard you try.

2. **SEE A SPECIALIST.** Go to a salon where waxes are the only thing on the menu. The employees there do waxes all day every day, unlike your nail tech or facialist.

3. **SPEAK UP.** Your waxer should apply pressure to the spot immediately after removing the wax (so you feel less pain) and tweeze any strays. If she doesn't, ask.

4. **DO YOUR HOMEWORK.** Exfoliate daily with a salt or sugar scrub to prevent ingrowns and follow up with lotion to prep skin for an even better wax next time.

Sources: Journal of Sexual Medicine*; Noemi Grupenmager, founder and CEO of Uni K Wax Centers; Jolie Arsenault, cofounder of Utah's Wax Me Too Salons*

You May Never Get a Cold Sore Again

That's not an exaggeration; it's modern medicine at work. The latest treatment, Sitavig, promises to stop your next sore from popping up. The drug delivers cold-sore med acyclovir in an M&M-size tablet that sticks to your gums and attacks the virus in the hours it takes to dissolve, without the lag time of the swallowable versions that came before. In a clinical trial, Sitavig users who once got sores four or more times yearly had 64% fewer outbreaks; some patients reported going an unprecedented year and a half without one. Two Rx tablets cost $350 (or a $35 copay under most insurance plans).

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY KRISTINE TREVINO. ILLUSTRATION BY CARLOS APONTE



My lifestyle GAVE ME WRINKLES



Diana is 29 years old and works as a sales assistant in Copenhagen. "I have always loved the outdoors and staying in the sun, even without protection. But unfortunately my skin started to show signs of wrinkles already in my 20's, particularly on my forehead, which frustrated me a lot. So much so, that I chose to get bangs.

I had tried other products from New Nordic with good results so when I noticed they had a skin care tablet, I bought the product right away. The price was surprisingly low compared to other skin products I have at home.

Now, I have used the tablets for 6 months and they really work for me. I am ready to get rid of my bangs and show my forehead again. I don't feel like stopping the tablets because I feel my skin looks better, tighter and healthier. Skin Care will surely be part of my daily skin care routine now."

Diana, Copenhagen

YOUR SKIN TABLET



New Nordic introduces Skin Care™ – a new supplement designed to activate your skin's cells to generate more anti-wrinkle collagen and help your skin stay healthy and youthful looking. The ingredients will better reach the deepest layers of your skin where no anti-aging cosmetic serum reaches.

At participating health food stores. For more information, please visit our website or call: 1-877-696-6734



Walgreens drugstore.com meijer amazon.com Vitacost iHerb.com BED BATH & BEYOND FACE VALUES

NEW NORDIC ONLINE SHOP newnordicusa.com

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Results may vary. Testimonials are not proof of efficacy. To make sure this product is right for you, always read the label and follow the instructions.

Double-Duty DIY for Better Sleep—and Skin

A new analysis suggests that Marilyn Monroe's perfume-before-bed ritual might've been a good call: The scent of lavender truly can help you sleep. Try it tonight: Place 30 drops of lavender essential oil in 1 ounce of jojoba oil and massage the mixture on your hands (don't worry, it sinks in quickly) to improve slumber and soften hands while you're at it.

Source: Journal of Alternative and Complementary Medicine



ONE-WORD ANSWER

Does Tongue Brushing Freshen Your Breath?

no.

A good bristling may tackle your tongue's germy coating, but the real culprits of bad breath tend to be odorous toxins in your gut or inflamed gums. (Exception: Brushing can temporarily help if odors are coming from sulfur-producing bacteria on the tongue.) Keep gums healthy with a twice-yearly dental deep cleaning and daily brushing and flossing; neutralize toxins in the gut by eating detoxifying parsley on a regular basis.

Source: Cosmetic dentist Brian Kantor, DDS, of Lowenberg Lituchy & Kantor in New York City



FROM TOP: HELEN RUSHBROOK/STOCKSY; ROBERT KIRK/GETTY IMAGES

©2015 P&G


"I'LL NEVER LOOK BACK, I WILL JUST LOOK YOUNGER."
Now with more vitamins than the leading prestige moisturizer.
New Olay Total Effects 7-in-One, from the world's #1.
In just 4 weeks, skin looks up to 10 years younger.
OLAY
TOTAL EFFECTS
7 IN ONE
ANTI-AGING MOISTURIZER
7 IN ONE
WORLD'S #1
FEMALE FACIAL SKINCARE BRAND*
Your best beautiful begins at Olay.com
*Based on mass-market facial moisturizer and cleanser dollar sales for the past 12 months.
OLAY
TOTAL effects
YOUR BEST BEAUTIFUL™

3 Ingredients That Have No Business in Your Mascara

A new study reveals a trio of chemicals you shouldn't let near your lashes.

If your eyes or lids are itchy, red, or irritated, or if you deal with general dryness, try a formula like **Physicians Formula Organic Wear 100% Natural Origin Mascara ($10)**, which ditches these offenders. *Source:* Current Organic Chemistry



1. Butylated hydroxytoluene (BHT), preservative: Listed as one of the top three causes of contact dermatitis, a type of itchy skin rash.

2. Diazolidinyl urea, preservative: Releases irritating formaldehyde and is behind up to 5% of cases of inflamed, irritated lids.

3. Formalin, disinfectant and preservative: Triggers allergic skin reactions in 10% of Americans and, worse, vision impairment in animal eye tests.

40

THE MAGIC AGE AT WHICH YOUR PORES STOP GETTING BIGGER—REALLY!

A new study shows that age is an advantage when it comes to pore size, which, for most women, actually plateaus around age 40. Cool, but still no guarantee of flawless skin. "Dead skin cells tend to collect around pores, making them look larger," says Boston-based dermatologist Emmy Graber. Fight the uneven appearance of enlarged pores by clearing away gunk with a gentle daily scrub like *MyChelle Refining Sugar Cleanser* ($25)—and step away from the magnifying mirror.

Source: Journal of Clinical, Cosmetic and Investigational Dermatology

ALEX CAO/GETTY IMAGES

Get Smart about Sugar *Even Faster!*



Based on the popular, best-selling ***Sugar Smart Diet***, the new ***Sugar Smart Express*** helps you **shrink your sugar belly, stop food cravings, and drop up to 15 pounds in just 21 days!** You'll find it on sale now wherever books and e-books are sold.

And you can now supercharge your results with a new interactive, 8-part **online course**, ***Get Sugar Smart,*** led by Anne Alexander. To sign up, visit RodaleU.com/GetSugarSmart.

RODALE. rodaleu.com Follow us @RodaleBooks on

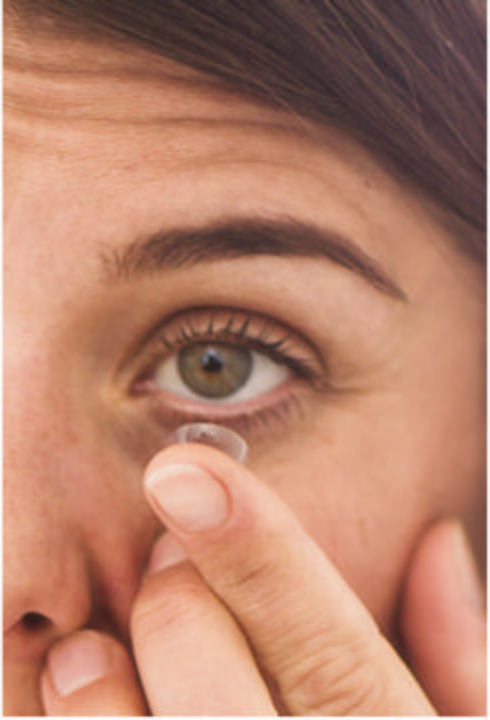
202840701



It may surprise you that if you're experiencing any of these symptoms, you may have **Chronic Dry Eye disease:**

- **Dryness/itching**
- **Burning/stinging**
- **Feeling like something is in your eye**
- **Sensitivity to light**
- **Blurry vision**
- **Problems wearing contact lenses**
- **Watering eyes**

Chronic Dry Eye can limit your ability to perform daily activities that involve your eyes. Over time it can have potential consequences for your eyes—damage to the front surface of the eye, increased risk of infection, and effects on your vision. The good news is that treatment options are available.





TAKE ACTION NOW

- **SCHEDULE** a medical exam with your optometrist or ophthalmologist to see if you have Chronic Dry Eye. Don't wait.
- **GO TO mydryeyes.com, TAKE** a brief questionnaire eye doctors use to assess Chronic Dry Eye, and **SHOW** the results to your eye doctor.

ALLERGAN

APC30SW14
© 2014 Allergan, Inc., Irvine, CA 92612, U.S.A.

My DRY EYES



Do you like your food without chemicals or ingredients so processed, they sound like plastic polymers? So do we, which is why we launched EatClean.com, with all the news, views, and recipes on stuff made by Mother Earth, not in a freaky science lab. If you give a damn about your food, this is where the conversation starts.

eatCLEAN

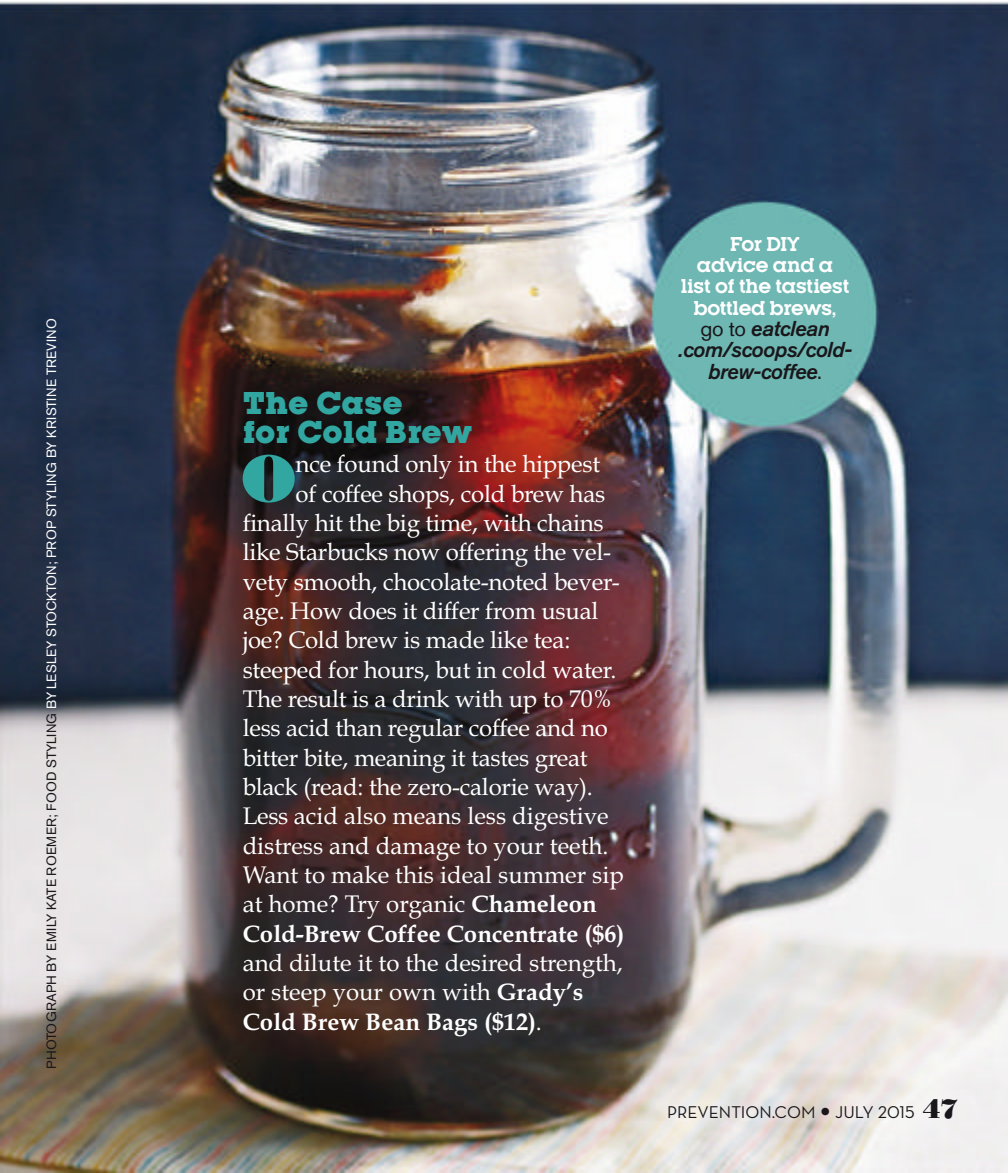
eatclean.com

Follow us @eatcleanfeed

202839403

eatclean

Healthy Diet Drinks • Better Beef • Cold Soups



For DIY advice and a list of the tastiest bottled brews, go to *eatclean.com/scoops/cold-brew-coffee*.

The Case for Cold Brew

Once found only in the hippest of coffee shops, cold brew has finally hit the big time, with chains like Starbucks now offering the velvety smooth, chocolate-noted beverage. How does it differ from usual joe? Cold brew is made like tea: steeped for hours, but in cold water. The result is a drink with up to 70% less acid than regular coffee and no bitter bite, meaning it tastes great black (read: the zero-calorie way). Less acid also means less digestive distress and damage to your teeth. Want to make this ideal summer sip at home? Try organic **Chameleon Cold-Brew Coffee Concentrate ($6)** and dilute it to the desired strength, or steep your own with **Grady's Cold Brew Bean Bags ($12)**.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY KRISTINE TREVINO



Healthier Meat, Smaller Price Tag

Grass-fed or pastured meat is worth the price, with up to 25% more omega-3 fat and more vitamin E, beta-carotene, and CLA (a fat that may promote weight loss) than conventional meat. Here, three tips to buy the best:

1. Look at labels. Opt for "100% grass-fed" for beef, bison, and lamb and "pasture-raised" for pork and poultry (which need more than grass to thrive).

2. Buy online. Shopping online can net you better prices and more options. US Wellness Meats, for example, sources locally and delivers nationwide.

3. Shop your backyard. For budget-friendly meat without shipping fees, contact small farms near you to see who has the most wallet-friendly fare.

Eat Clean, Stay Lean: **Zero-Calorie Drinks**

Don't even think about reaching for a diet drink this summer: Artificially sweetened beverages have already been linked to heart disease, while a new study in the *Journal of the American Geriatrics Society* finds that even one diet drink a day is associated with increased belly fat. What to guzzle? Below, your cleanest bottled choices:



CLEANEST

Naturally flavored, unsweetened seltzer, like Hint Fizz



CLEAN

Soda sweetened with the natural no-cal sweetener stevia, like Zevia



NOT CLEAN

Drinks with artificial sweeteners like sucralose (Splenda) or aspartame

COW: DON MASON/GETTY IMAGES. FROM LEFT: COURTESY OF HINT FIZZ. COURTESY OF ZEVIA. KREINICK/GETTY IMAGES

Which Alt Milk Is Best for You?

If you don't do cow's milk, it's easy to get overwhelmed by the bevy of nondairy options available (a nice problem to have!). But don't just pick up the first carton you see. Follow the arrows to find the best moo-free milk for your diet.



ORGANIC SOY
With 7 g of complete protein per cup.

FLAX + PROTEIN
With 5 g of plant-based protein per cup.

UNSWEETENED NUT
Like almond, cashew, or coconut. Low protein.

UNSWEETENED GRAIN
Like quinoa, oat, or rice. Low protein.

JOSE LUIS PELAEZ/GETTY IMAGES

DINNER TONIGHT

Cold Comfort

What's the perfect summer meal? One you don't have to cook, of course. These raw, minimal-effort soups will cool you down while filling you up. Both serve 4.



Plum and Almond Gazpacho

Chop 1 lb **plums**, ½ **cucumber**, and ½ sm **onion**. Blend with ½ cup **ice**, ½ cup **cilantro**, ¼ cup **white wine vinegar**, 3 Tbsp **toasted almonds**, 3 Tbsp **olive oil**, 1 tsp **ground cumin**, ½ tsp **kosher salt**, and ½ tsp **red-pepper flakes** until smooth. Top with a dollop of **plain yogurt** and **chopped cilantro**.

Thai Curry Tomato-Ginger Soup

Chop 1 lb **ripe tomatoes**, 2 **scallions**, and 1" piece **peeled ginger**. Blend with ¼ cup **fresh lime juice**, 4 tsp **Thai red curry paste**, and 1 Tbsp each **less-sodium soy sauce**, **honey**, and **fish sauce** until smooth. Top with a drizzle of **dark sesame oil** and **chopped fresh mint**.



PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY KRISTINE TREVINO

NIA114™
TECHNOLOGY

WANT YOUR YOUTH COLLAGEN BACK?

StriVectin SD Advanced, with Collagex-CE Complex, harnesses the latest advances in skincare science to specifically target Collagen III, also known as 'youth collagen'. Powered by patented NIA-114 technology, this breakthrough formula is clinically proven to dramatically reduce the appearance of lines and wrinkles for age-defying, healthy looking skin.

94% saw a noticeable difference in only two weeks*:



*Based on consumer evaluation at 2 weeks when used as directed

StriVectin®

STRIVECTIN.COM

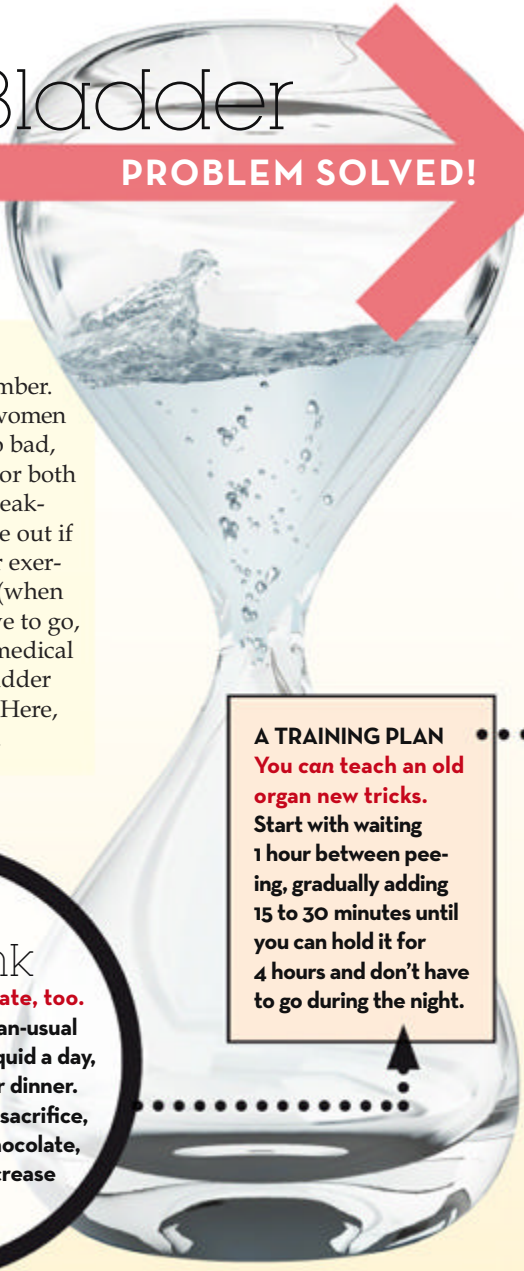
800 608 7841 ULTA IMPULSE BEAUTY AT MACY'S NORDSTROM
BLOOMINGDALE'S DILLARD'S LORD & TAYLOR QVC.COM CARSON'S

Leaky Bladder

PROBLEM SOLVED!

BY RICHARD LALIBERTE

For a leaky pipe in your kitchen, you call a plumber. For one in your body? Most women just live with it. Which is too bad, because there are solutions for both stress incontinence (when weakened muscles let urine trickle out if you laugh, cough, sneeze, or exercise) and urge incontinence (when you feel like you always have to go, thanks to nerve damage or medical conditions that make the bladder contract when it shouldn't). Here, top tips for staying drip-dry.



Start Here!

Food and Drink

Less water, less chocolate, too. Aim for a-tad-fewer-than-usual five 8-ounce glasses of liquid a day, and avoid drinking after dinner. If you're really willing to sacrifice, cut caffeine, alcohol, chocolate, and citrus. All can increase the urge to go.

A TRAINING PLAN

You *can* teach an old organ new tricks. Start with waiting 1 hour between peeing, gradually adding 15 to 30 minutes until you can hold it for 4 hours and don't have to go during the night.

URFINGUSS/GETTY IMAGES

PELVIC-FLOOR EXERCISES

Stronger muscles make it easier. Working key pelvic-floor and sphincter muscles can build up strength to hold back urine. Several times a day, squeeze like you're holding back gas for 5 seconds, then relax for 5 seconds. Repeat 5 times.

50–60

Percentage decrease in leaking episodes when women lose 5 to 10% of body weight, taking pressure off the bladder

Medication

To calm the bladder.

Meds with extended-release options like tolterodine (Detrol), oxybutynin (Ditropan XL), or oxybutynin patch (Oxytrol) have fewer side effects, like dry mouth and eyes, than immediate-release ones.

PESSARIES

Like pinching a hose. Inserting a diaphragm-like ring (fitted by your doctor) into the vagina puts pressure on the urethra to slow urine flow from stress incontinence. Some women wear a pessary all the time, while others use them only during leak-inducing activities, like exercise.

ALEKSANDR LYCHAGIN/GETTY IMAGES

ESTROGEN CREAM
Vaginal cream rejuvenates the urinary tract, while oral estrogen makes things worse.

ELECTRICAL STIMULATION
A pacemaker for the bladder. Stimulating the nerve that controls bladder function through a small electrode implanted in the lower back improves symptoms in 60 to 90% of people who try it.

Injections

Two cause-specific options.
For stress incontinence, bulking agents injected into the urethra can narrow it to stanch flow. For urge incontinence, Botox injected into the bladder can calm the muscle that triggers contractions.

Match the Cure to the Cause

If you leak when you laugh (stress incontinence)
- **Pelvic-floor exercises**
- **Weight loss**
- **Pessaries**
- **Bulking injections**

If you always have to go (urge incontinence)
- **Bladder training**
- **Medication**
- **Vaginal estrogen cream**
- **Botox injections**
- **Electrical stimulation**

Sources: Kathleen C. Kobashi, MD, head of urology and director of the Pelvic Floor Center at Virginia Mason Medical Center in Seattle; Diane K. Newman, DNP, adjunct professor of urology in surgery, research investigator senior, and codirector of the Penn Center for Continence and Pelvic Health at the University of Pennsylvania

SOT/GETTY IMAGES


CHRONIC
MIGRAINE
DOESN'T HAVE TO FLATTEN ME
Discover treatment options and ways to manage your Chronic Migraine.
If you're getting hit by migraines with 15 or more headache days a month, each lasting
4 hours or more, talk to a headache specialist and learn how you can fight back.
MYCHRONICMIGRAINE.COM
Visit us online.
ALLERGAN ©2015 Allergan, Inc., Irvine, CA 92612, APC74HV15



My Life Was Worth Fighting For

Even in the trenches in Iraq and Afghanistan, combat nurse Cherissa Jackson worked out to purge her mind of what she saw. Now that she's retired, exercise is still her way around PTSD.

AS TOLD TO ELIZABETH SHIMER BOWERS
PHOTOGRAPHS BY KATE WARREN



Better Than Ever

Four tours of duty in some of the worst war zones required me to compartmentalize my emotions. Re-bandaging charred bodies as I inhaled the smell of burned skin, watching injured soldiers with amputated limbs emerge from helicopters—it was all in a day's work. When it was time for sleep, I would turn off the images and sounds like a switch and try to forget that my life was in danger. To stay sane, I also exercised, often running through the desert, trying to let go of the horrors with each drop of sweat.

One night in Afghanistan in 2011, our building was bombed, severely injuring one of our soldiers. For the next 6 months, I lived in fear and finally decided to retire. I was tired of playing Russian roulette with my life.

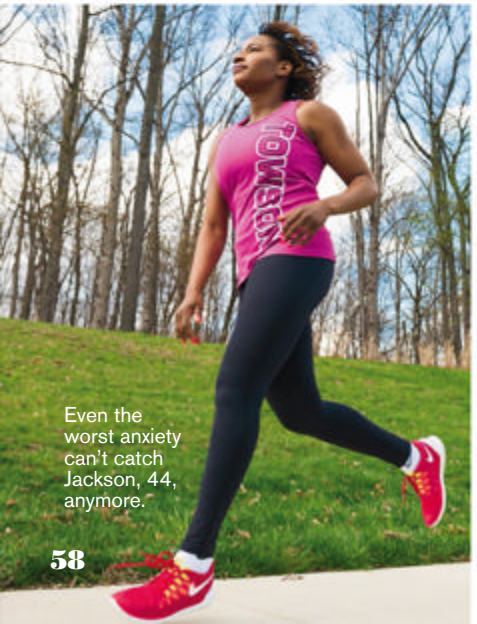
When I returned to Maryland, I was thrilled to reunite with my 17-year-old twin daughters. But once the initial joy faded, memories resurfaced and my anxiety increased. I didn't want to tarnish my record by asking for help, so I tried to ignore it.

Seven months after I returned home, my daughters left for college. No longer distracted by my motherly duties, I became afraid to leave the house. I knew I needed to do something.

I made an appointment with a psychologist, and he said the words I knew were true: "Cherissa, I think you have PTSD." She prescribed medication and suggested I continue with my workouts. She also encouraged me to get out of the house and form relationships with my neighbors. Within a few months, I started to notice a difference. I felt calmer, less fearful. Soon, I felt strong enough to get off the medication.

I'll never be able to forget what happened during my deployments. But whenever those awful moments surface, I tap into what has proved to be my most vital medicine: exercise. Running and weight lifting help me shed PTSD like other people shed pounds.

Now I'm trying to work through the Veterans Affairs system to encourage fellow soldiers with post-traumatic stress disorder to try exercise for their mental health. In the military we train to be in tip-top shape so that we can protect others. When we return home, we should use the same physical training to safeguard ourselves. And I am living proof of that.



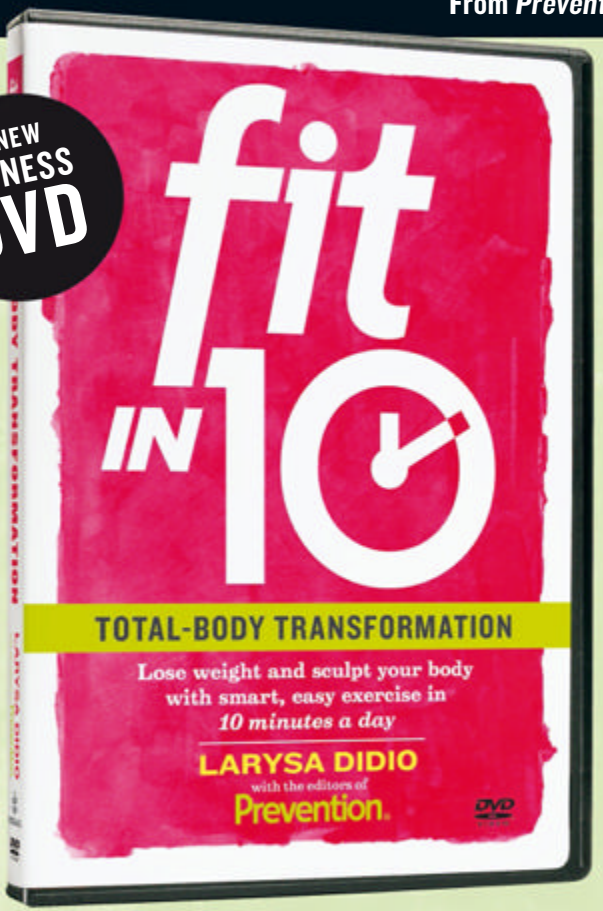
Even the worst anxiety can't catch Jackson, 44, anymore.

HAIR AND MAKEUP BY ZOEY ASHER

10 MINUTES *to Fabulous!*

From *Prevention*

A NEW FITNESS DVD



Real Women. Real Life.
AMAZING Results.

Get *your* body back at *prevention.com/fitin10.*


the **comfort** to work out.
the **style** to stand out.
INTRODUCING
TMV
SAS
San Antonio Shoemakers™
SASshoes.com

© SAS 2015

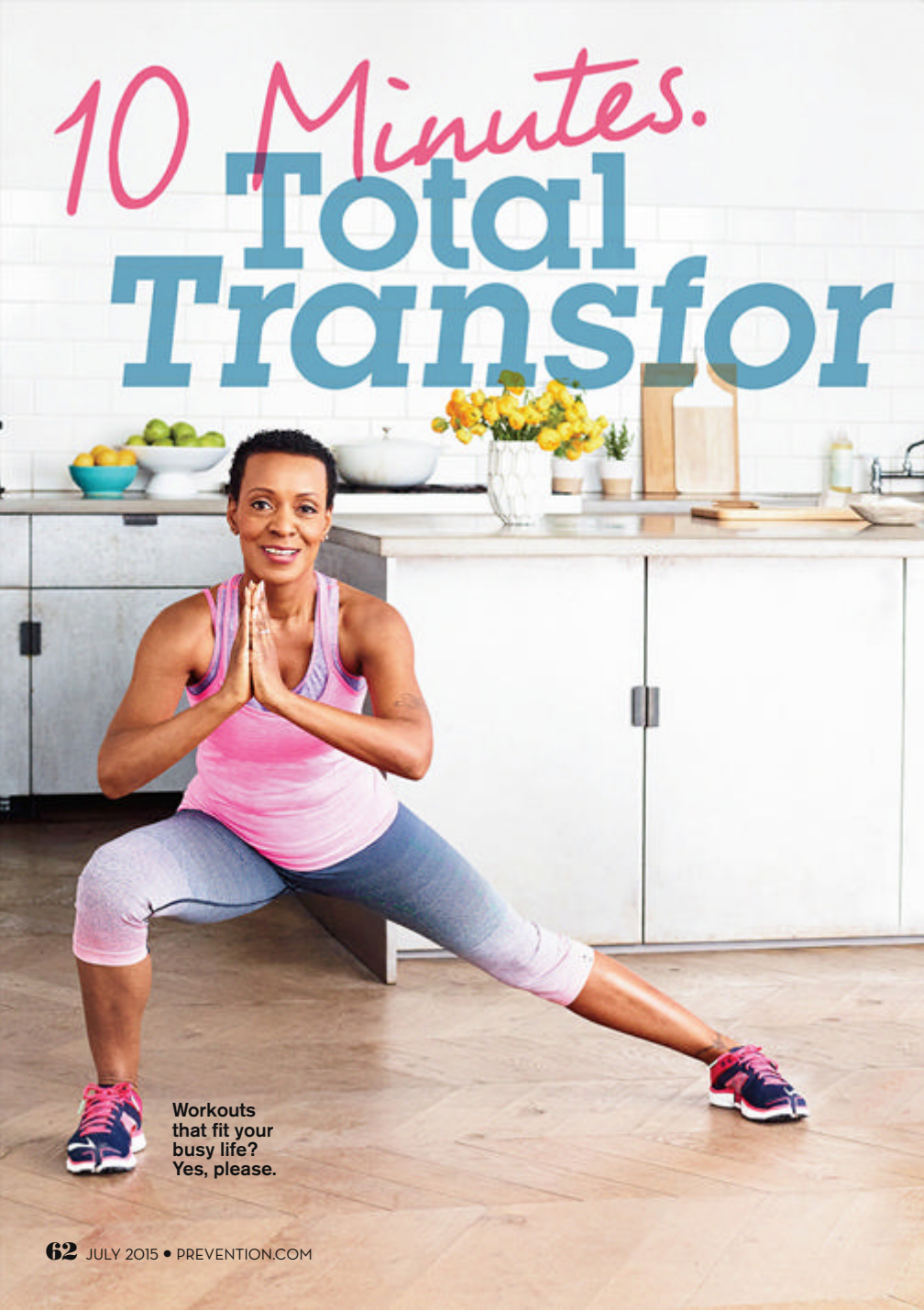


"Success is not final, failure is not fatal: It is the courage to continue that counts."

—Winston Churchill*

EDUARD BONNIN/STOCKSY; *COMMONLY ATTRIBUTED TO WINSTON CHURCHILL

10 Minutes. Total Transfor



Workouts that fit your busy life? Yes, please.

mation.

BY JENNA BERGEN SOUTHERLAND
PHOTOGRAPHS BY JAMES FARRELL



These women lost an average of ***13 pounds in 8 weeks****, exercising just* ***10 minutes a day****. Don't believe us? Turn the page.*

Torched Belly Fat

Merlyn Joseph

AGE	LOST
52	9.8 LB

"Everything is better—my mood, my energy, how my clothes fit. I'm never going to stop."



BEFORE

AFTER

"BEFORE" PHOTO BY COREY CRAGO



WARDROBE STYLING BY ALLISON ST. GERMAIN; HAIR AND MAKEUP BY BRANDIE HOFSTEIN

See how she did it and get started on p. 82.

fit IN 10

prevention.com/fitin10

Merlyn Joseph walks across a well-lit studio, wearing nothing more than workout shorts and a sports bra. She blinks at the bright lights and squints to see the camera. At 52, she's exhausted, burned out, and so fed up with trying to get her abs and energy back that she's about to do something most of us would never dream of: take a "before" photo and step on a scale in front of a roomful of strangers.

Reclaimed Her Confidence

Chelsea Streifeneder

AGE 31 | LOST 19.4 LB

"I keep hashtagging 'I'm back!' on Instagram—because I am."



BEFORE



AFTER

But instead of feeling terrified, Joseph—a personal chef with a nonstop schedule and eight grandkids who are central to it—is hopeful. Excited, even. "I just want to feel like myself again," she says.

What made Joseph and the eight other women at this shoot throw embarrassment to the wind? The potential of our new Fit in 10 program, which—our working theory went—would help them lose weight and get stronger, firmer, and more energized, simply by adding just 10 minutes of smart strength training a day.

We know what you're thinking:

WARDROBE STYLING BY ALLISON ST. GERMAIN; HAIR AND MAKEUP BY BRANDIE HOPSTEIN



10 minutes of exercise a day with amazing results sounds too good to be true. Yet mighty-but-mini training protocols—some as brief as 4 minutes—continue to show up in gyms across the country because they work very well, often doubling the weight loss and health benefits of slow-and-steady exercise. The problem is that many of them are intense enough to kill your spirit. We wanted a more practical plan that even the busiest, most overwhelmed among us would be willing to try.

We settled on 10 minutes—the time you could find, say, right before you hop in the shower or while dinner cooks in the oven—mostly because we believed it was truly doable, but also because research conveys that 10 minutes of simple movement makes a huge difference. For instance, when sedentary, postmenopausal women added just 10 minutes of light walking a day for 6 months, they significantly increased their overall fitness, according to a study published in the *Journal of the American Medical Association*. If you could see that much improvement from 10 minutes of walking, imagine if you spent that time doing metabolism-revving sculpting moves.

Next, we partnered with trainer Larysa DiDio, a mom of two who's helped hundreds of women reshape their bodies, to create the 8-week plan. DiDio made sure that each of the eight workouts hit that busy-woman sweet spot: ridiculously effective moves that

Toned Every Zone

Tasia Hadden

AGE	LOST
43	13.6 LB

"I'm stronger and firmer, and I have more energy for my family."



BEFORE



AFTER

Cinched her waist by 6.5 inches

burn fat, target the areas we all want to tone (like the belly, butt, hips, thighs, and arms), and are done in 10 minutes flat. To prevent motivation-sucking boredom and plateaus, DiDio designed the plan so it was easy to progress no matter the level at which you started or how much weight you had to lose.

So we had the plan. Now we had to put it to the test, not in a lab, but with real women in the real world. Enter Merlyn Joseph and her compatriots, all of whom juggle laundry lists of responsibilities that would threaten to elbow out even 10 minutes of effort. The oldest was 59, the youngest 31. Some hadn't worked out in years, while others walked or ran a few times a week but still couldn't shake those extra pounds. For 2 months, they committed to eating clean and doing at least one Fit in 10 routine each day. If they missed a workout—say, they had an incredibly crazy Tuesday or wanted a Sunday

More Real-Life Results

fit in 10
prevention.com/fitin10

SEE THESE SUCCESS STORIES AND MORE AT *PREVENTION.COM/FITIN10TRANSFORMATIONS*. THEN GET READY: YOU'RE NEXT!



JILL FERRARI, 52
Lost 21 pounds
"The weight fell off so quickly. I was shocked."



KELLY WALLACE, 32
Lost 12 pounds
"I'm more positive. I have more energy."



RENATA ZAJAC, 38
Lost 12 pounds
"I had no more excuses. I'm stronger and firmer."

off—they'd do two routines the next day to make up the time.

Within the first few weeks, our panelists started to notice changes. Their energy levels were up, they were sleeping better, and stubborn pounds that hadn't budged in years started to fall away. And they were actually *enjoying* it. "I was so weak before, but now I can feel myself getting stronger," Joseph told us after week 2, laughing about how she'd started bringing her laptop into the kitchen so she could get a workout in while pots simmered on the stove. "And it's working—my belly is finally getting flatter."

Joseph wasn't the only one who loved the flexibility. Chelsea Streifeneder, a Pilates instructor who'd been so busy teaching that she didn't have time for her own workouts, would squeeze in a routine whenever she had a few spare minutes between clients. Mom of three Tasia Hadden had 10 minutes between when she got home from work and when the school bus dropped off her kids—and that became her workout window. "I honestly don't even change," she says. "I do it in my jeans, but I get it done."

By the end of the program, the nine women had lost a combined total of 115 pounds, dropping an average of 13 pounds each, with some panelists losing a jaw-dropping 15 to 21 pounds. Kelly Wallace, whose travel-heavy job had made it impossible for her to get to the gym, couldn't believe that squeezing in the routines (in a hotel room or airport, in front of her computer) had her fitting into clothes a full size smaller. "It was just so easy to fit this plan around the rest of my life," she says.

Shelley Dell hadn't been able to zip up her uniform since menopause shifted her weight. After she lost 5 inches around her waist, her vest fits easily.

Shelley Dell hadn't been able to zip up her work uniform since menopause shifted her weight to her belly. Now, after she lost 5 inches around her waist, her vest fits easily. "Everything is better—how my clothes look, the tone in my body, my mental clarity, my mood." Ten minutes a day was transforming women's entire lives.

Asked how such a dramatic change was possible, strength-training expert Wayne Westcott says: "Strength-train for 10 minutes and you'll burn about 80 calories during the workout and another 100 calories or so in the hours after you finish, as the body requires energy to repair and build muscle." Multiply all that by 2 months, and you have roughly 11,000 calories, which translates to about a 3-pound

Supercharged Her Energy

Shelley Dell

AGE	LOST
59	5.6 LB

"My sluggishness is gone, I have more stamina, and I sleep better. I just feel happier."

Feels confident in sleeveless tops again

loss of body fat. So how did they lose the rest of it? The clean eating certainly helped, but Westcott says the other probable factors speak to strength training's many benefits. "You also gain lean muscle, which further boosts your metabolism. Plus, resistance training increases energy and shows results quickly, and people instinctively build on that momentum. So you eat a little bit better or walk your dog a little longer—and it adds up fast."

A few weeks later, when Joseph comes back for her "after" photo, she's so lit up she doesn't even seem like the same person. Her belly is firmer and flatter than it's been in years, but it's not just her waist and pants size that have shifted. She's stronger, too—and she can't stop smiling. "It's really incredible," she says. "When I look in the mirror, I can't even believe it's me, and I'm functioning at 110%. I feel like I have the body and energy of a 20-year-old."



AFTER



BEFORE

"BEFORE" PHOTOS BY COREY CRAGO. "AFTER" PHOTOS BY MITCH MANDEL; "AFTER" STYLING: WARDROBE BY KATHIE YOUNG; MAKEUP AND HAIR BY MARGIE BRESCIANI AND ANA EMILIANO FOR PRO-STYLE-CREW MANAGEMENT INC.

Stronger, Firmer – Faster!

TO GET RESULTS LIKE OUR NINE TEST PANELISTS DID, START WITH THIS TOTAL-BODY ROUTINE FROM OUR NEW *FIT IN 10* DVDS

#1 Lunge with a Press

Stand with feet staggered, left in front of right, holding 1 dumbbell in right hand at shoulder height. Keeping weight in front heel, bend knees, lowering into lunge. Press up to standing again, extending right arm and pressing dumbbell overhead. Repeat for 25 seconds. Switch sides and repeat for another 25 seconds.



Trainer Larysa DiDio knows the power of 10.

SCOTT GORDON BLEICHER

WHAT YOU'LL NEED: A pair of light dumbbells (we recommend starting with 3 to 8 pounds), a chair, and a clock or stopwatch

HOW TO DO IT: Perform the entire circuit twice. Do each move for 50 seconds, completing as many reps as possible without sacrificing form. Rest for 25 seconds after each exercise.







#2 Dip with a Kick

Sit on edge of chair with hands grasping seat. Slide butt off seat and bend elbows, lowering body until upper arms are nearly parallel to floor. Press up and extend left leg as shown. Alternate legs with each rep.

#3 Hip Bridge with a Crunch

Lie on back with knees bent and heels on chair seat. Place hands behind head. Engage core and squeeze glutes, lifting hips. Lower hips to floor. Lift shoulders off floor, performing 1 crunch. That's 1 rep.

#4 Intermediate Crunch Extension

Lie on back with hands behind head, knees bent and over hips. Lift shoulders off floor, then extend and lower legs to a 45-degree angle. Slowly reverse move. That's 1 rep.

WARDROBE STYLING BY SARAH PARLOW; HAIR STYLING BY MEL PALDINO; MAKEUP BY SUSAN DONOGHUE; WARDROBE BY TASC PERFORMANCE APPAREL; SHOES BY AETREX



No Time to Work Out, But Want an Amazing Body?

For the full ***Fit in 10: Total-Body Transformation*** DVD set that helped our testers lose up to 21 pounds, go to *prevention.com/fitin10*.

WHAT YOU'LL GET

DISC 1: *FAT-BURNING KICK-STARTERS*
Start your transformation with these four fun, 10-minute routines that'll speed-tone your body and torch fat fast.

DISC 2: *SUPER-CHARGED SCULPTING*
Next, accelerate your results and shake things up with four more 10-minute routines that'll sizzle through belly fat, keep you motivated, and reshape your body in record time.

PLUS: *THE 8-WEEK EXPRESS FIT IN 10 TRAINING PLAN*
Follow our daily workout guide for incredible results. All it takes is just 10 minutes a day! It really doesn't get any easier.

Taco Tuesday

NOW SERVING

ALL WEEK LONG

FAST, FRESH, AND EASY TO MAKE, THESE HYPERSEASONAL TACOS ARE THE SUMMER'S HOT (AND HEALTHY!) GO-TO MEAL.

(FORKS OPTIONAL.)

BY KHALIL HYMORE

PHOTOGRAPHS BY CHRISTOPHER TESTANI



Grilled Steak Tacos with Pickled Peach and Onion

Recipe, p. 82



Braised Pork Tacos with Zucchini–Corn Relish

Recipe, p. 82

Grilled Halloumi Tacos with Chickpeas and Pickled Peppers

Recipe, p. 83

2

Roasted Tomato and Eggplant Tacos with Tahini Dressing

Recipe, p. 83

FOOD STYLING BY KHALIL HYMORE; PROP STYLING BY CARLA GONZALEZ-HART



2

Chicken Waldorf Tacos

Recipe, p. 83



Shrimp Tacos with Lemon-Soy Slaw

Recipe, p. 84


Tofu, Lentil, and
Swiss Chard Tacos
Recipe, p. 84



"Refried" Bean and Egg Tacos
Recipe, p. 85

Mango-Habanero Chicken Tacos
Recipe, p. 85

Grilled Steak Tacos with Pickled Peach and Onion

PREP TIME: 10 minutes
TOTAL TIME: 30 minutes
Serves 4

1 lg peach, pitted and sliced into thin wedges
1 sm red onion, thinly sliced
1 jalapeño, sliced (optional)
½ tsp kosher salt
½ tsp black pepper
1 c distilled white vinegar
¼ c honey
1¼ lb skirt steak
½ tsp red-pepper flakes
8 flour tortillas (6" diameter), warmed
Fresh basil, for serving

1. In large bowl, combine peach, onion, jalapeño (if using), and ¼ tsp each salt and black pepper. Toss to combine. In small saucepan, combine vinegar, ½ cup water, and honey. Bring to a simmer over medium-high heat and pour over peach mixture.
2. Lightly coat grill or grill pan with cooking spray and prepare for medium-high heat. Season steak with red-pepper flakes and remaining ¼ tsp each salt and black pepper. Grill to desired doneness. Slice and serve in tortillas topped with peach mixture and basil.

NUTRITION (per serving) 484 cal, 33 g pro, 50 g carb, 2 g fiber, 23 g sugars, 17.5 g fat, 6 g sat fat, 711 mg sodium

Braised Pork Tacos with Zucchini–Corn Relish

PREP TIME: 10 minutes
TOTAL TIME: 2 hours 20 minutes
Serves 4

4 tsp chili powder
2 tsp ground cumin
1 tsp kosher salt
1 tsp black pepper
4 tsp vegetable oil
1¼ lb lean pork-loin roast, trimmed of excess fat and cut into ½" chunks
1 poblano chile, sliced
2 cloves garlic, sliced
1 can (4 oz) diced green chiles
½ lb zucchini, diced
1 c corn kernels
1 sm red onion, diced
⅓ c apple cider vinegar
1 Tbsp honey
8 flour tortillas (6" diameter), warmed
Cilantro, for serving

1. In large bowl, combine chili powder, cumin, salt, and black pepper. In medium pot, heat 2 tsp oil over medium heat. Brown pork in batches, then remove with slotted spoon. Heat remaining 2 tsp oil in pot, add poblano, garlic, and chili powder mixture and cook until soft, about 3 minutes. Add green chiles and 2 cups water. Return pork to pot and bring to a simmer. Cook, partially covered, until pork is tender, about 2 hours.
2. Combine zucchini, corn, onion, vinegar, and honey in large bowl. Remove pork and poblano from braising liquid with slotted spoon and divide among tortillas. Top with zucchini–corn relish and cilantro.

NUTRITION (per serving) 426 cal, 36 g pro, 50 g carb, 6 g fiber, 8 g sugars, 10 g fat, 1.5 g sat fat, 646 mg sodium

Grilled Halloumi Tacos with Chickpeas and Pickled Peppers

PREP TIME: 15 minutes
TOTAL TIME: 25 minutes
Serves 4

2 tsp olive oil
1 can (14 oz) chickpeas, rinsed and drained
1 sm yellow onion, finely chopped
2 cloves garlic, minced
1 tsp ground cumin
1 Tbsp fresh lemon juice + lemon wedges for serving
8 oz halloumi cheese, sliced
8 flour tortillas (6" diameter), warmed
¼ c hummus
4 Peppadew peppers, sliced
Flat-leaf parsley, for serving

1. Heat oil in large skillet over medium heat. Add chickpeas, onion, garlic, and cumin. Cook until onion is tender, about 5 minutes. Stir in lemon juice and set aside.
2. Cook cheese in skillet over medium heat until browned, 1 minute per side. Spread tortillas with hummus and top with cheese, chickpeas, peppers, and parsley. Serve with lemon wedges.

NUTRITION (per serving) 462 cal, 22 g pro, 48 g carb, 8 g fiber, 3 g sugars, 22 g fat, 11 g sat fat, 706 mg sodium

Roasted Tomato and Eggplant Tacos with Tahini Dressing

PREP TIME: 15 minutes
TOTAL TIME: 30 minutes
Serves 4

½ lb eggplant, cut into ½" chunks
10 oz cherry tomatoes
1 lg yellow onion, thinly sliced
2 Tbsp olive oil
1 tsp ground cumin
¼ tsp allspice
¾ tsp kosher salt
¾ tsp black pepper
¼ c tahini
1 Tbsp fresh lemon juice
8 blue corn taco shells
Mint, for serving

Heat oven to 450°F. On sheet pan, toss eggplant, tomatoes, onion, oil, cumin, allspice, and ½ tsp each salt and pepper to coat. Roast until veggies are tender, about 12 minutes. In bowl, whisk tahini, lemon juice, 2 to 4 Tbsp water, and remaining ¼ tsp each salt and pepper. Serve veggies in shells topped with tahini and mint.

NUTRITION (per serving) 290 cal, 6 g pro, 26 g carb, 5 g fiber, 5 g sugars, 19.5 g fat, 3 g sat fat, 462 mg sodium

Chicken Waldorf Tacos

PREP TIME: 5 minutes
TOTAL TIME: 10 minutes
Serves 4

3 Tbsp fat-free plain yogurt
1 Tbsp mayonnaise
2 tsp Madras curry powder
2 tsp fresh lime juice + lime wedges for serving
¼ tsp kosher salt
¼ tsp black pepper
1½ c shredded cooked chicken breast
½ c halved seedless grapes
¼ c roughly chopped walnuts
8 flour tortillas (6" diameter), warmed
2 scallions, chopped

In small dish, whisk yogurt, mayonnaise, curry powder, lime juice, salt, and pepper. Divide chicken, grapes, and walnuts among tortillas. Top with curry mixture and scallions.

NUTRITION (per serving) 326 cal, 22 g pro, 33 g carb, 2 g fiber, 5 g sugars, 12 g fat, 2 g sat fat, 564 mg sodium

Shrimp Tacos with Lemon-Soy Slaw

PREP TIME: 25 minutes
TOTAL TIME: 45 minutes
Serves 4

8 egg-roll wrappers
1 lb large (21–30 count) shrimp, peeled, deveined, and chopped
2 Tbsp less-sodium soy sauce
3 tsp grated fresh ginger
2 tsp dark sesame oil
2 tsp fresh lemon juice
1 c snow peas, cut into matchsticks
1½ c coleslaw mix
2 scallions, chopped
2 tsp sesame seeds

1. Heat oven to 375°F. Lightly coat roasting rack and egg-roll wrappers with cooking spray. Lay each wrapper over a bar of the rack, creating triangle-shaped taco shells. Bake until golden and crisp, 4 to 5 minutes. Remove from oven and set aside.
2. In medium bowl, toss shrimp with 1 Tbsp soy sauce and 2 tsp ginger. Set aside to marinate.
3. In large bowl, whisk remaining 1 Tbsp soy sauce and 1 tsp ginger with oil and lemon juice. Toss with peas, coleslaw, and scallions.
4. Coat large nonstick skillet with cooking spray and heat over medium heat. Add shrimp and cook, stirring, until opaque, about 2 minutes. Serve in wrappers with slaw and sesame seeds.

NUTRITION (per serving) 259 cal, 22 g pro, 33 g carb, 2.5 g fiber, 3 g sugars, 4.5 g fat, 0.5 g sat fat, 1,065 mg sodium

Tofu, Lentil, and Swiss Chard Tacos

PREP TIME: 10 minutes
TOTAL TIME: 30 minutes
Serves 4

3 Tbsp vegetable oil
1 pkg (12 oz) extra firm tofu, pressed of excess liquid and cut into ½" cubes
½ lg onion, sliced
1 lg chipotle in adobo, chopped, + 2 Tbsp adobo sauce
1 can (15 oz) lentils, rinsed and drained
4 c chopped Swiss chard
8 corn taco shells
¼ c fat-free plain yogurt
Sliced radishes and cilantro
Lime wedges, for serving

In large skillet, heat 2 Tbsp oil over medium-high heat. Season tofu with salt and pepper to taste and cook until golden, about 6 minutes. Transfer tofu to paper-towel-lined plate. Heat remaining 1 Tbsp oil in skillet and add onion. Cook until soft, about 5 minutes. Add chipotle, adobo sauce, lentils, and chard and cook until chard wilts, about 4 minutes. Return tofu to pan and season with salt and pepper. Divide mixture among taco shells. Top with yogurt, radishes, and cilantro. Serve with lime wedges.

NUTRITION (per serving) 465 cal, 22 g pro, 49 g carb, 13 g fiber, 6 g sugars, 22 g fat, 2.5 g sat fat, 435 mg sodium

Mango-Habanero Chicken Tacos

PREP TIME: 15 minutes
TOTAL TIME: 45 minutes
Serves 4

2 boneless, skinless chicken breasts (about 1 lb total)
1 habanero chile, minced
1 Tbsp vegetable oil
2 tsp lime zest
1 tsp ground cumin
½ tsp kosher salt
½ tsp black pepper
1 c diced mango
1 c diced jicama
½ sm white onion, diced
2 tsp fresh lime juice + lime wedges for serving
8 flour tortillas (6" diameter), warmed
¼ c fat-free plain yogurt
Cilantro, for serving

1. In medium bowl, combine chicken, habanero, oil, lime zest, cumin, salt, and black pepper. Set aside.
2. In separate medium bowl, stir together mango, jicama, onion, and lime juice.
3. Lightly coat grill or grill pan with cooking spray and prepare for medium-high heat. Grill chicken until cooked through, about 6 minutes per side. Let rest 10 minutes. Slice and divide chicken among tortillas. Top with mango-jicama mixture, yogurt, and cilantro.

NUTRITION (per serving) 375 cal, 30 g pro, 39 g carb, 4 g fiber, 9 g sugars, 11 g fat, 2 g sat fat, 753 mg sodium

"Refried" Bean and Egg Tacos

PREP TIME: 10 minutes
TOTAL TIME: 35 minutes
Serves 4

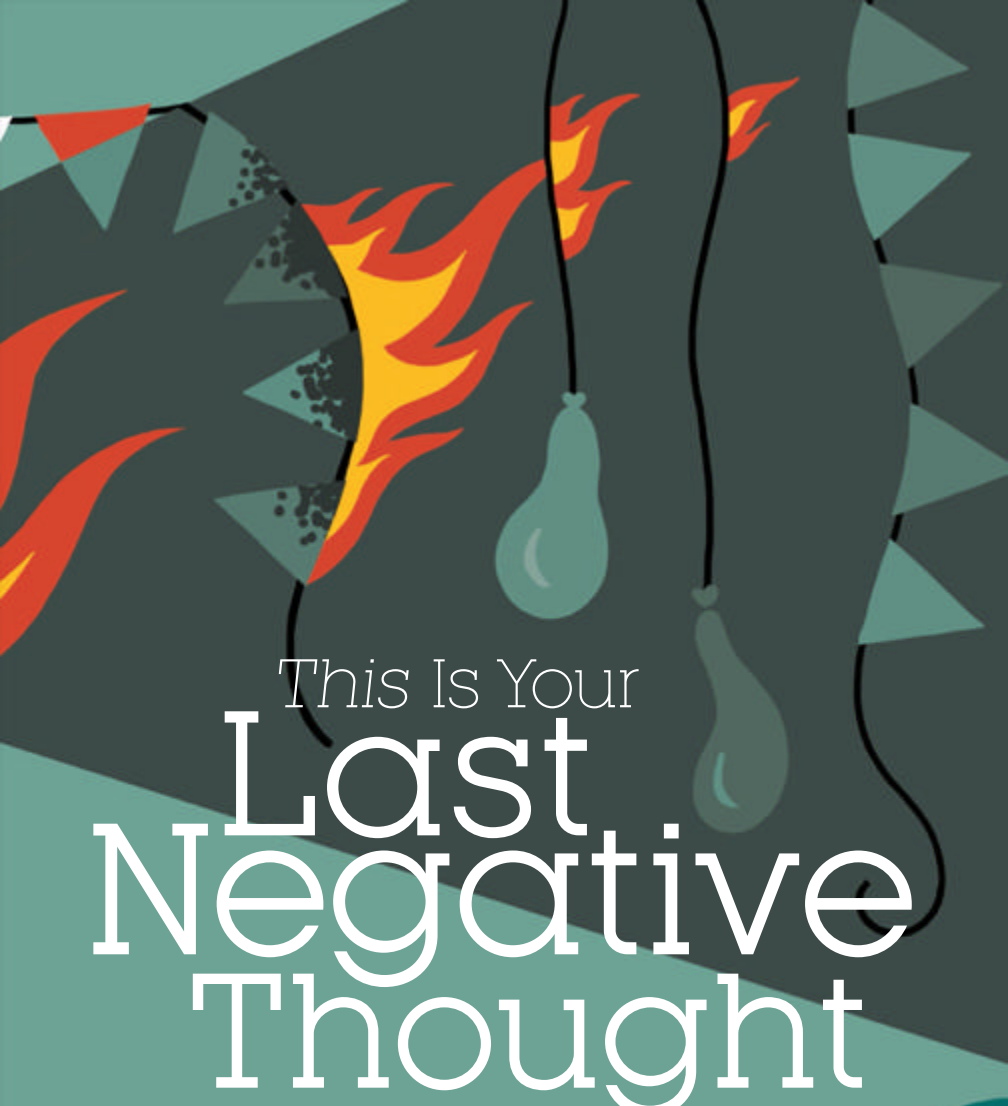
1 can (15 oz) white beans, rinsed and drained
4 tsp extra virgin olive oil
½ tsp kosher salt
½ tsp black pepper
4 multigrain tortillas (8" diameter)
6 lg eggs, beaten
1 med tomato, diced
1 avocado, pitted, peeled, and diced
½ sm red onion, finely diced
Cilantro
Lime wedges, for serving

1. In food processor, combine beans, oil, and ¼ tsp each salt and pepper. Puree until smooth. Set aside.
2. Heat oven to 350°F. Place tortillas on baking sheet and bake until crisp, 5 to 8 minutes. Heat medium nonstick skillet over medium heat. Season eggs with remaining ¼ tsp each salt and pepper and scramble to desired doneness.
3. Divide bean puree among tortillas and top with eggs, tomato, avocado, onion, and cilantro. Serve with lime wedges.

NUTRITION (per serving) 452 cal, 19 g pro, 43 g carb, 13 g fiber, 5 g sugars, 23.5 g fat, 5.5 g sat fat, 829 mg sodium



When you host, disinvite the catastrophizer inside your brain.



This Is Your Last Negative Thought

That's because next time you take a flying leap into defeatist mode, your brain will be armed and ready. The latest mindfulness training helps you shut down your incorrigible lifelong friend Debbie Downer—for good.

BY KATE ROCKWOOD | ILLUSTRATIONS BY LUCI GUTIERREZ

You Anticipate Disaster around Every Corner

You want to throw a surprise party for your friend, but in between planning you can't help but think about all that might go wrong. What if someone spills the beans? What if you invite the wrong people? What if the streamers go up in flames?



WHAT THE PROS CALL IT:
Catastrophizing

→**TELLTALE SIGNS:** Your brain loves dress rehearsals for tragedy. You dismiss more realistic possibilities and fixate on the worst possible outcomes.
→**COMBAT IT NOW:** Remind yourself that this negativity is just your brain trying to keep you safe by preparing for every potential problem ahead, recommends Barbara Fredrickson, director of the Positive Emotions and Psychophysiology Lab. Then say to yourself, *Thanks for trying to protect me, brain. But*

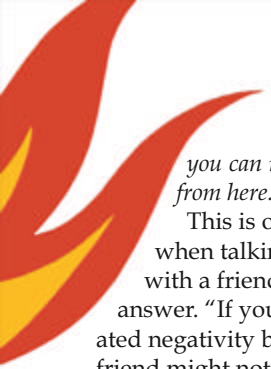
You Assume Everything's Your Fault

You really clicked with the new member of your book club. But then you hear from a friend that she's dropping out, without giving a reason. Your first thought: *It was probably something I said. Was I not welcoming enough? Did she not actually like me?*

WHAT THE PROS CALL IT:
Personalizing

→**TELLTALE SIGNS:** You tend to think you're responsible for all the negativity around you, without considering other explanations.
→**COMBAT IT NOW:** Cultivate some perspective to cut off this misguided thinking. The next time it occurs to you to personalize someone else's behavior, have a counterstatement ready, like *This is just negative thinking. I am not responsible for everything.*

A weirder fix: Walk through a doorway. "Doing that gives you a new context," Fredrickson says. According to scientists at the University of Notre Dame, the act of passing



you can rest now—I'll take it from here.

This is one of the rare times when talking things through with a friend might not be the answer. "If you have an exaggerated negativity bias or anxiety, a friend might not be able to talk you out of it," Fredrickson notes.

→**BANISH IT FOR GOOD:** A mantra of resilience can keep runaway thoughts in check. When you start worrying about horrible birthday parties and burning buildings, rebuff the thought with a line like *Whatever happens, I can cope.* That statement of strength can help you go forth feeling determined rather than defeated.

over a threshold cues the brain that you're finished with the situation at hand and ready to move on to something new.

→**BANISH IT FOR GOOD:** Accept that "99% of the time you have nothing to do with the mood someone's in," says Rebecca Gladding, psychiatrist and coauthor of *You Are Not Your Brain*. (Maybe your book club chum moved, or maybe she's dealing with a sick parent, or maybe a thousand other things.) If your conviction wavers, consider—duh!—checking in with the person to see what's up, or asking a friend for perspective, she says.

You Think How You Feel Is How Things Are

You sometimes relish an evening at home, but tonight, having no plans has left you feeling lonely. You curl up on the couch and think, *No one cares about me. I'm all alone.*

WHAT THE PROS CALL IT:

Emotional Reasoning

→**TELLTALE SIGNS:** Your mind fuses together feelings and reality. When you feel lonely, you think nobody cares about you. When you feel guilty, you think you must have done something wrong.

→**COMBAT IT NOW:** Get some distance from your feelings so you can begin to recognize them as just that: feelings. In *The Happiness Trap*, psychologist Russ Harris recommends describing the emotion ("I am lonely") as a temporary state: "I'm feeling lonely." Next, try adding more space between you and the emotion by subtly restructuring the statement as "I'm noticing that I'm feeling lonely." Take it one step further with a little zaniness. Harris suggests singing your "I am" statement ("I am lonely") to the tune of "Happy Birthday." Then try singing in a cartoon character's voice. Even if you don't crack a smile, you'll be putting more space between



your ridiculous self and that even sillier negative thought.

→**BANISH IT FOR GOOD:** Curb a tendency toward emotional reasoning through meditation. "The central skill that emerges from meditation is decentered awareness—the ability to perceive thoughts as impermanent," Fredrickson says. "So if you feel sad, that doesn't mean you are a failure. If an angry feeling arises, you can recognize it without overly identifying with it." If the thought of meditation makes you fidgety, try this instead: Spend 1 minute mentally scanning how your entire body feels. Focusing on physical sensations, like how the chair feels against your back, is a quick and subtle reminder that your thoughts and the world around you are distinct.

You Fixate on the Downside

The risotto at your recent dinner party turned out great, the conversation flowed, even your standoffish cousin seemed at ease. But your dessert was a flop—an unset cheesecake that tasted more sour than sweet. Three days after the party, you're still thinking about it and cringing.

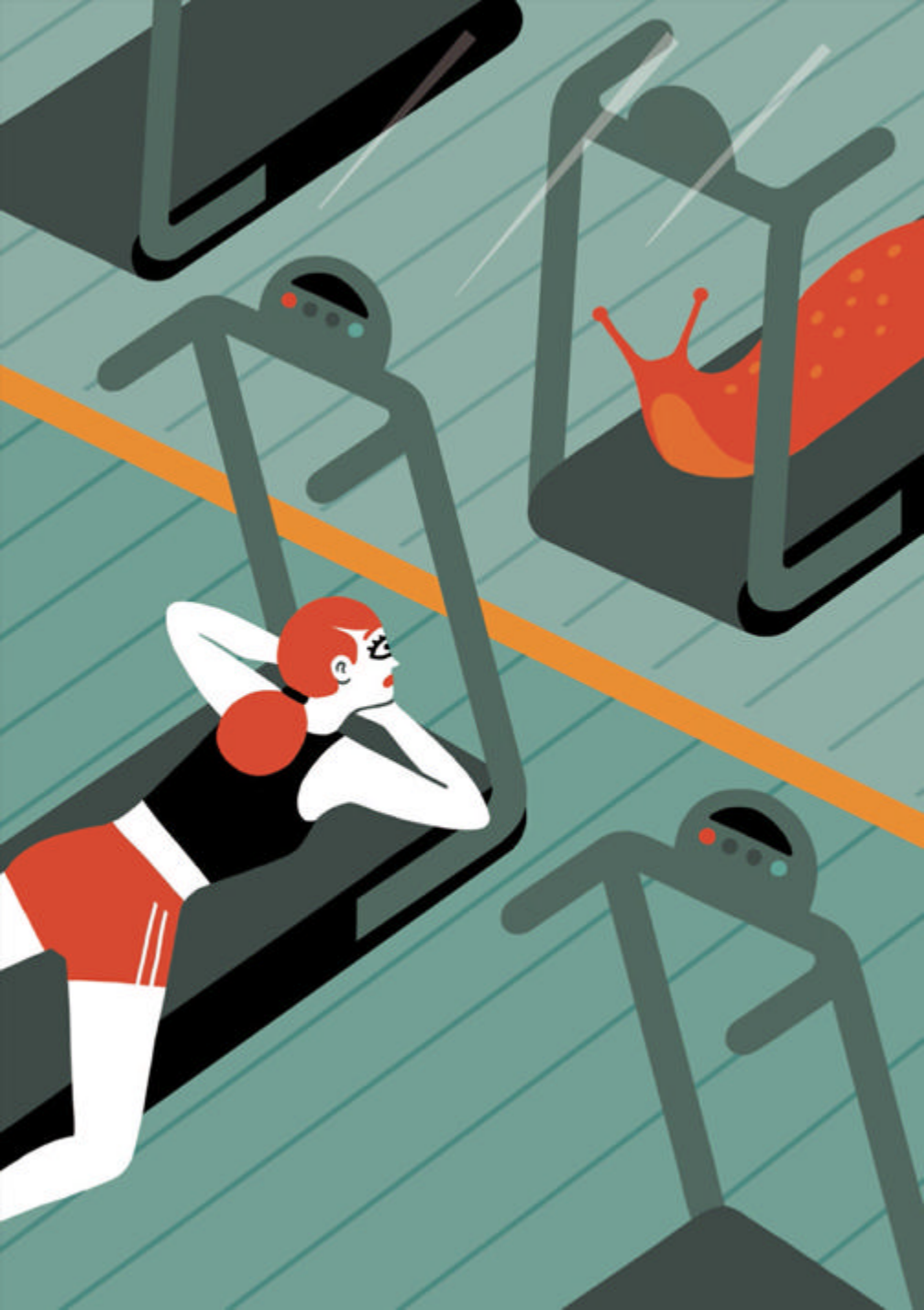
WHAT THE PROS CALL IT:

Magnifying the Negative

→**TELLTALE SIGNS:** You have an eagle eye for vexing details, and you tend to blow them up until all the positive—and all the context—falls out of view.

→**COMBAT IT NOW:** Force yourself to list three good things instead. (Dessert fell flat, but remember how much they loved the risotto?) If the bad thought keeps returning, think, say, or even shout the word "Stop!" advises Sonja Lyubomirsky, a professor of psychology at the University of California, Riverside. Even picturing a giant red stop sign can help.

→**BANISH IT FOR GOOD:** When this type of thinking regularly comes up about something more permanent, like your body image or your marriage, try this: Write down your negative thought, crumple up the paper, and throw it away. In a study at Ohio State University, people who wrote down negative things about their bodies and then tossed the notes had a more positive self-image later compared with those who kept the papers with them. "They physically discarded the thoughts, but it was as if they'd mentally discarded them as well," says Richard Petty, the study's coauthor and a psychology professor at the university.



You See Patterns of Defeat

For 3 weeks you've stuck to your goal of daily treadmill walks. But then you hit a stressful patch at work and skip them for 4 days straight. You think, *I always quit exercising eventually. I'm such a slug.*

WHAT THE PROS CALL IT:

Overgeneralizing

→**TELLTALE SIGNS:** You take a bad moment and draw huge, sweeping conclusions from it.

→**COMBAT IT NOW:** Distract yourself. When you're doing something routine—prepping dinner, say—your brain goes into autopilot. That's when you're most likely to start cataloging all the ways you've blown it before. But if you distract yourself with an activity that demands full focus, like following a new recipe, toxic thoughts will have less room to take over.

→**BANISH IT FOR GOOD:** "Imagine your oldest friend, or someone else you want the best for, is having the same self-defeating thought," Gladding says. "What would you say to her? How would you feel about her situation?" This sort of cognitive restructuring, which Gladding has dubbed the Wise Advocate, can amplify the compassion you feel for yourself, inoculating you from being so unnecessarily hard on yourself in the long run.

You're Sure Stuff Won't Go Well

You see a job posting that makes your heart leap. Then you start calculating the odds of your résumé actually being seen. You think, *Why waste my time? I'll probably never get picked.*

WHAT THE PROS CALL IT:

Negative Forecasting

→**TELLTALE SIGNS:** You anticipate bad outcomes no matter the signs.

→**COMBAT IT NOW:** "A lot of our negativity comes from mental time travel," Fredrickson says. "Odds are the current moment is benign or even positive." Press your toes into the floor to bring your focus out of your mind and back to your physical surroundings, then take stock of one positive thing, however tiny.

→**BANISH IT FOR GOOD:** Resilience is your ticket. "Resilient people tend to have a wait-and-see attitude rather than creating negativity through their expectations," Fredrickson says. You can build resilience with a steady diet of positive emotional experiences. That can be as simple as signing up for that weekly meditation class you've been curious about or writing down something you're grateful for every evening. Try it tonight—the only thing you stand to lose is a little unnecessary pessimism.

mustard

Prep time: 5 min	Total time: 10 min	Makes ½ c

In medium saucepan, whisk ½ cup **ground mustard**, ¼ cup **white wine vinegar**, ¼ cup **water**, 3 Tbsp **maple syrup**, and ¼ tsp **kosher salt**. Simmer over medium heat, whisking, until thickened, 3 to 5 minutes. Cool. Store in airtight container, chilled, for up to 1 month, or freeze.

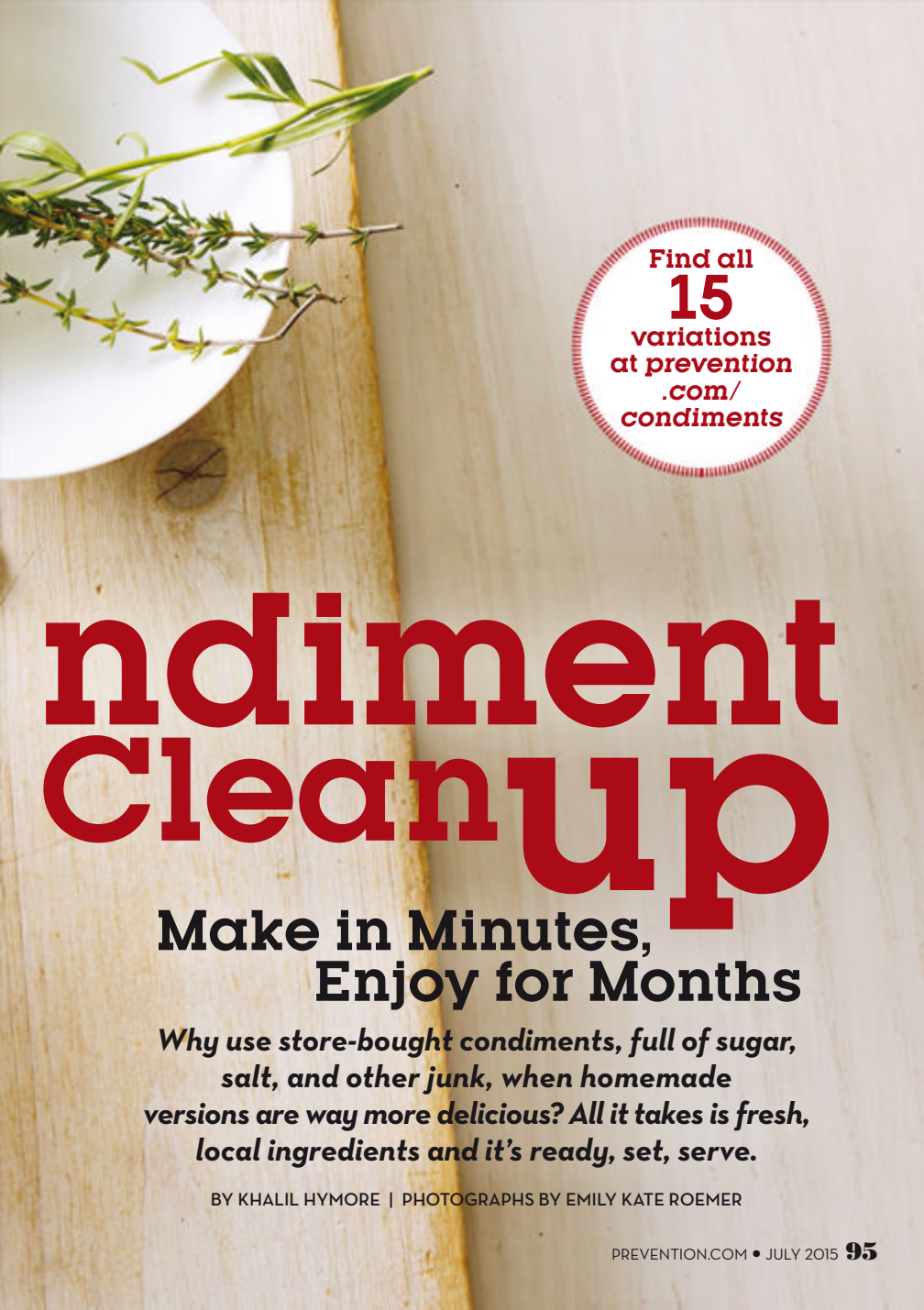
NUTRITION (per Tbsp) 60 cal, 2 g pro, 9 g carb, 1 g fiber, 5 g sugars, 1 g fat, 0 g sat fat, 62 mg sodium



Co

VARIATIONS ONLINE

- Country-Style Mustard (shown)
- Shallot-Brandy Mustard
- Wasabi-Honey Mustard



Find all **15** variations at *prevention.com/condiments*

ndiment Cleanup

Make in Minutes, Enjoy for Months

Why use store-bought condiments, full of sugar, salt, and other junk, when homemade versions are way more delicious? All it takes is fresh, local ingredients and it's ready, set, serve.

BY KHALIL HYMORE | PHOTOGRAPHS BY EMILY KATE ROEMER



VARIATIONS ONLINE

- **Barbecue Sauce**
- **Orange-Rosemary Ketchup**
- **Spicy Asian Ketchup**

ketchup

Prep time: 10 min | **Total time: 40 min** | **Makes 3 c**

In blender, combine 1 can (28 oz) **crushed tomatoes**; 1 sm **onion, chopped**; ½ cup **apple cider vinegar**; ¼ cup **agave syrup**; 1½" piece **ginger, peeled and chopped**; 1 lg **clove garlic**; ½ tsp **kosher salt**; ½ tsp **black pepper**; ½ tsp **dried thyme**; ¼ tsp **cinnamon**; ¼ tsp **allspice**; and ⅛ tsp **ground cloves** and puree until smooth. Place in medium saucepan and bring to a boil over medium-high heat. Reduce heat to medium low and simmer, stirring, until reduced by half, about 30 minutes. Cool. Store in airtight container, chilled, for up to 1 month, or freeze.

NUTRITION (per Tbsp) 13 cal, 0 g pro, 3 g carb, 0 g fiber, 2 g sugars, 0 g fat, 0 g sat fat, 42 mg sodium

FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY NIDIA QUEVA



pickle relish

Prep time: 25 min | **Total time: 50 min** | **Makes 4 c**

In large saucepan, combine 1¼ lb **cucumbers, seeded and finely diced**; 1 sm **onion, finely diced**; 1 **green bell pepper, finely diced**; 1¼ cups **distilled white vinegar**; 6 Tbsp **honey**; ¼ cup **chopped fresh dill**; 1 tsp **mustard seeds**; 1 tsp **turmeric**; 1 tsp **kosher salt**; and ½ tsp **celery seeds**. Simmer over medium-high heat until vegetables are tender, 8 to 10 minutes. In small bowl, whisk 1½ tsp **cornstarch** and 2 to 3 Tbsp cooking liquid until smooth. Add to pan and cook 3 to 5 minutes. Cool. Store in airtight container, chilled, up to 1 month, or freeze.

NUTRITION (per Tbsp) 10 cal, 0 g pro, 2 g carb, 0 g fiber, 2 g sugars, 0 g fat, 0 g sat fat, 31 mg sodium

VARIATIONS ONLINE

- **Mango-Curry Chutney**
- **Zucchini-Corn Relish**
- **Carrot-Red Onion Relish**

roasted tomato salsa

Prep time: 5 min | Total time: 15 min | Makes 2½ c



Prepare broiler for high heat with rack 4" from heat. On baking sheet, broil 1 lb large **ripe tomatoes, halved**; 1 med **onion, halved**; 1 **jalapeño, stem removed**; and 2 **cloves garlic** until veggies blister, 5 to 8 minutes. Puree in food processor until chunky, about 30 seconds. Stir in ¼ cup **chopped cilantro**, 2 Tbsp **fresh lime juice**, ½ tsp **kosher salt**, and ½ tsp **black pepper**. Store in airtight container, chilled, up to 1 week, or freeze.

NUTRITION (per 2 Tbsp) 8 cal, 0 g pro, 2 g carb, 0 g fiber, 1 g sugars, 0 g fat, 0 g sat fat, 50 mg sodium

VARIATIONS ONLINE

- **Roasted Tomatillo Salsa**
- **Pineapple-Habanero Salsa (shown)**
- **Avocado and Tomato Salsa**



VARIATIONS ONLINE

- Garlic-Chipotle Aioli (shown)
- Horseradish-Chive Mayonnaise
- Vegan Mayonnaise

mayonnaise

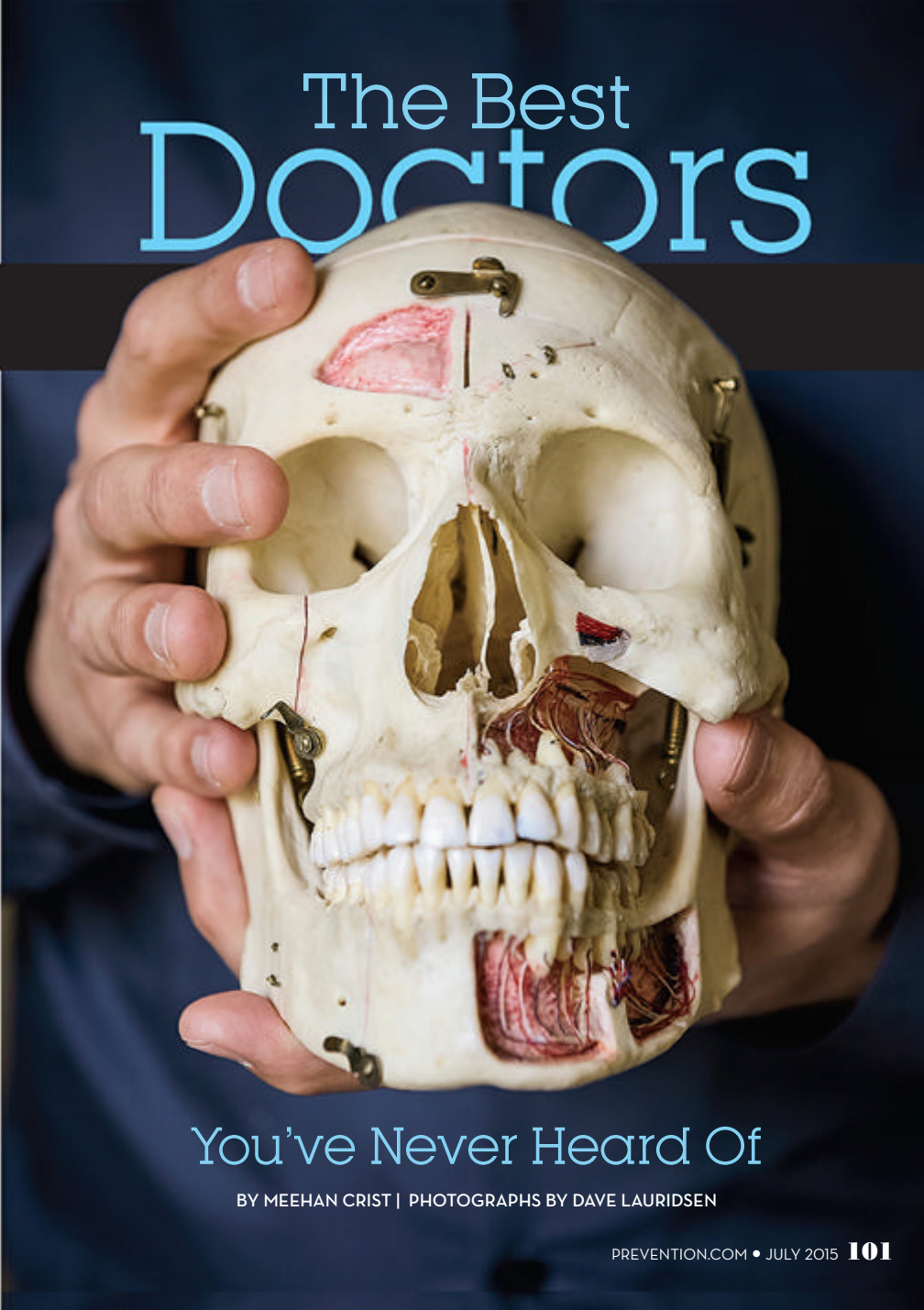
Prep time: 5 min | **Total time: 10 min** | **Makes 1½ c**

In food processor, puree 2 lg **egg yolks**, 4 tsp **fresh lemon juice** or **distilled white vinegar**, 1 tsp **Dijon mustard**, and ½ tsp **kosher salt** until combined. With processor running, add 1¼ cups **olive oil** until mixture is creamy. Store in airtight container, chilled, up to 1 week.

NUTRITION (per Tbsp) 105 cal, 0 g pro, 0 g carb, 0 g fiber, 0 g sugars, 11.5 g fat, 1 g sat fat, 46 mg sodium

These highly trained physicians can feel your health through their fingers and enhance your healing with their expert touch. Best part is, they're taking over American medical care. Welcome to the era of the osteopathic doctor.

The Best Doctors You've Never Heard Of



BY MEEHAN CRIST | PHOTOGRAPHS BY DAVE LAURIDSEN

No white linoleum or fluorescent lighting here. There's classical music, dark wooden bookcases, a desk disappearing under dog-eared medical tomes. A human skeleton dangles from a metal pole; I reflexively imagine the hollow *clackety-clack* of jostling bones. Taking off my shoes, I stand next to a padded exam table. Dr. Daniel Shadoan places his hands lightly on my shoulders. I stand straight and breathe deep, wondering what his hands are telling him. Is my weight distributed evenly on both feet? Is one shoulder higher than the other? He asks how I'm feeling, and I say my lower back has been hurting. "Hmm," he murmurs. Shadoan is an osteopathic physician, or DO, and I'm about to receive a treatment known as osteopathic manual manipulation.

DOs like Daniel Shadoan return you to health by adjusting tissues and bones.



While DOs are often indistinguishable from MDs (they are fully licensed, and can prescribe drugs and perform surgery like an MD), their medical education is rooted in a distinctive philosophy. Like all integrative doctors, osteopathic physicians are taught to encourage the body back toward health using the least invasive measures first. What differentiates their training is this: It focuses on how the structures of our bodies are deeply linked with how healthy we are. The field was founded upon manual manipulation, a therapy designed to improve the flow of air and blood, lymphatic, and other fluids in the body to maximize self-healing mechanisms and improve the function of our brain, organs, and joints. Doctors who practice manipulation, like Shadoan, say they can help a body return to health by adjusting tissues and bones just so. Sounds like a long shot, but there may be increasingly good reason to believe in this touch-centered medical approach.

For one thing, DOs are fast becoming a pillar of American health care. As we barrel toward an unprecedented physician shortage, they are stepping up to fill the widening gap. One in four medical students in the US are enrolled in a DO program, and this number is rising rapidly. In 1970 there were 14,000 DOs



Osteopathic manipulation is most commonly used to treat joint, neck, and back pain, but it also appears to offer relief from a range of medical problems.

in the US; that number is expected to be more than 100,000 by 2016.

Next time you visit your oncologist, psychiatrist, or even your primary care doctor, eyeball their credentials; you might be seeing a DO without even realizing it. Today's osteopathic doctors can be found in all medical specialties; out of 100 DOs, fewer than five specialize in manual manipulation, the way Shadoan does. But the other 95 have been trained in it and are likely to use their hands: to diagnose you, to soothe you, to convey warmth and connection, says Boyd Buser, dean of the University of Pikeville–Kentucky College of Osteopathic Medicine. Studies from the past couple of decades show associations between touch and faster wound healing, stronger immunity, and reduced pain, suggesting that doctors who touch their patients may be able to offer more effective medical care.

Anecdotally, Buser and other physicians, MDs included, say that touch is crucial to effective diagnosis, too. In light of these notions, it's distressing that many MDs are putting their hands ever more firmly in their pockets, doing away with the physical exam entirely, and in some cases turning toward telemedicine, conducted via screens and at a distance. The oncoming wave of DOs may be poised to counter this trend, as physicians trained in the art and science of touch join their MD counterparts in hospitals and clinics around the country.

Manipulation exemplifies the traditional osteopathic approach to medical care. There is also evidence that it can help relieve lower-back pain, which is why I'm standing sock-footed in Shadoan's office, listening to classical music and concentrating on my breathing.

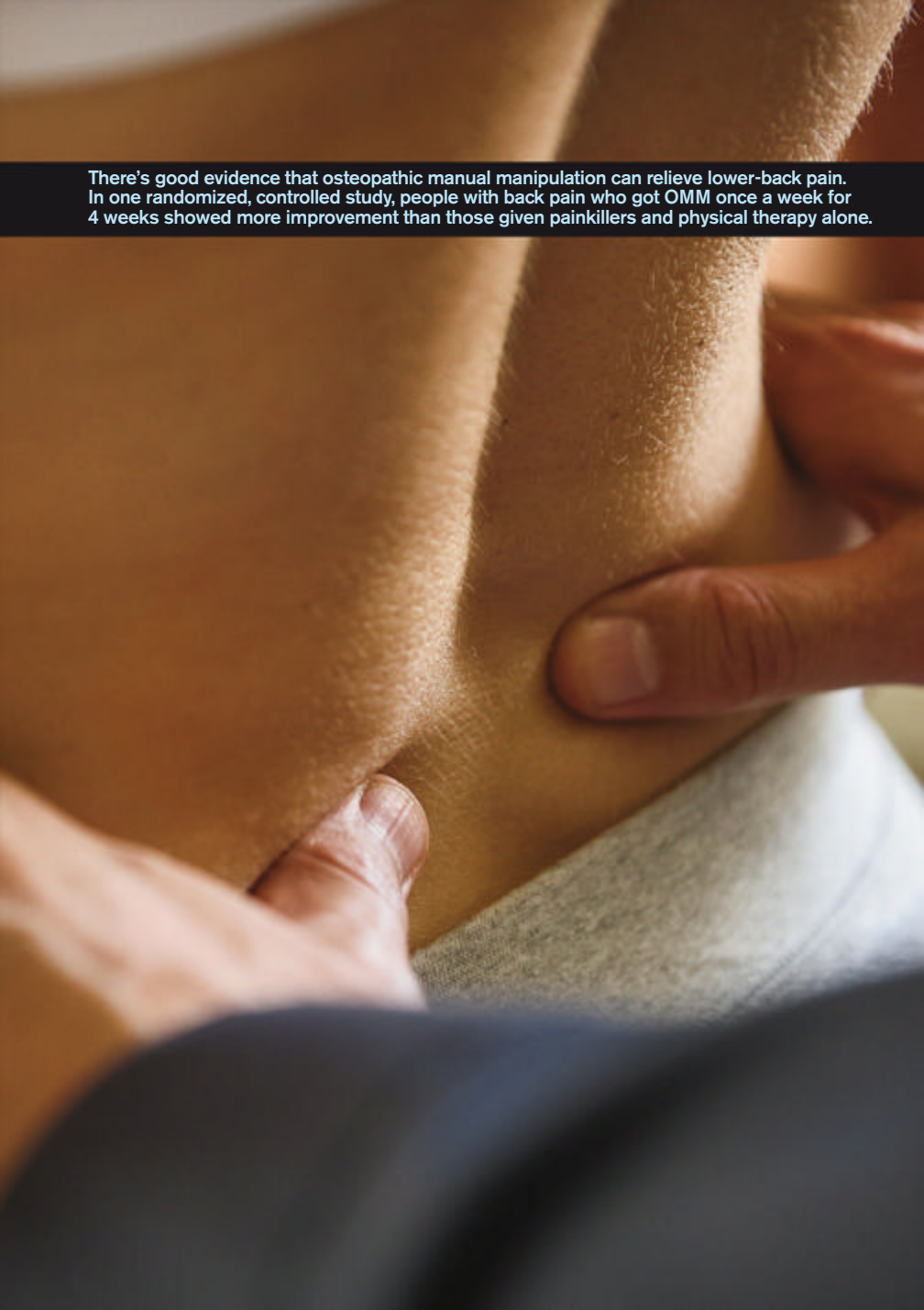
Shadoan asks me to lie faceup on the exam table. He rolls his stool to my right side and slides his hands under my back, palms up. There are multiple manipulation approaches, and he specializes in one known as cranial osteopathy, a sometimes controversial practice focused on the cranial bones and the tissues surrounding the brain and spinal cord. DOs like Shadoan are particularly concerned with increasing the flow of cerebrospinal fluid, which provides nutrients, cushions the brain inside the skull, and circulates rhythmically through the brain—between the membranes that surround it and up and down the spinal column.

As Shadoan sets to work using his fingers to investigate each vertebra in my spine, he explains the DO philosophy: "Many drugs address the symptoms, not the cause. You're not sleeping, here's something to make you sleep; you're nauseated, here's something that will block your nausea response." He has intense brown eyes and a cropped beard—more East Coast intellectual than New Age spiritualist. "Medicine that treats the patient," he says, "seeks to understand why the problem is there and resolve the conditions that create that problem." When medication is necessary, Shadoan uses it. "Drugs and surgery are often a less efficient, less healthy way to deal with things," he says. "But sometimes they're necessary." If a patient needs a knee replacement or radiation therapy for cancer, Shadoan refers them to a specialist and suggests manual manipulation as a complementary treatment.

His fingers work down my spine and into my right hip, then slowly down my right leg all the way to my ankle. He's checking the "movement and quality of tissues," he says, explaining that the texture and flexibility of bones, joints, muscles, ligaments, fasciae, and organs beneath his fingertips tell him a lot about my health, and what adjustments might improve it. He repositions himself to stand at the end of the table, facing my feet. He gently presses his fingertips between the tendons on the top of my right foot, and I feel an unpleasant tenderness. When he tests the same spot on the left foot, eyebrows raised at me in question, I tell him it doesn't hurt at all. He nods.

Taking my less sensitive foot in his hands, Shadoan pushes his palm flat against my sole and gently rotates the foot outward. "Does this hurt?" he asks. No. He repeats the position on my right foot. "Ow!" I yelp, recoiling slightly. Pain has just gone shooting up my right leg, through my hip, and into my lower

> "'I thought that might be it,' Shadoan nods. It's a little unsettling that he seems to know things about my body that I don't."

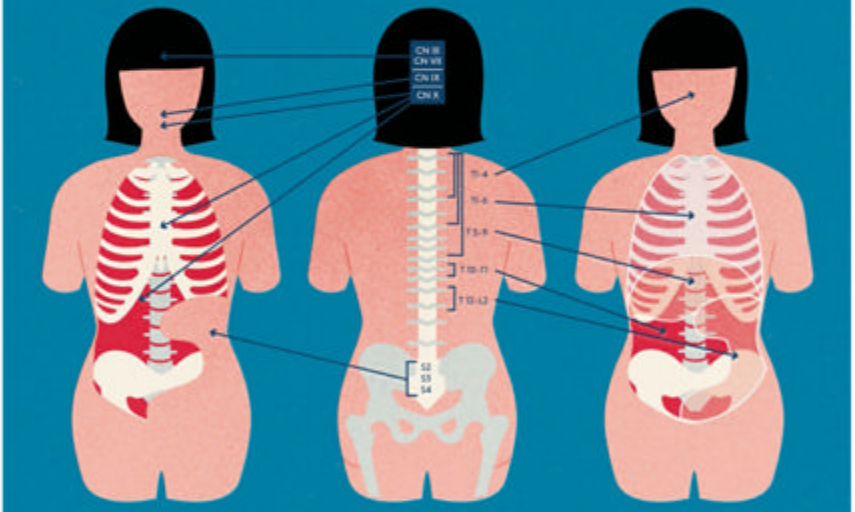


There's good evidence that osteopathic manual manipulation can relieve lower-back pain. In one randomized, controlled study, people with back pain who got OMM once a week for 4 weeks showed more improvement than those given painkillers and physical therapy alone.

back. It wasn't excruciating, but it was completely unexpected. "I thought that might be it," Shadoan nods. It's a little unsettling that he seems to know things about my body that I don't.

That ankle got injured awhile back, and Shadoan suggests that to ease the pain in my still-unhealed ankle, it's possible I'd unconsciously begun to favor that foot when I walk. This would have alleviated the discomfort in my ankle, but also would have changed how my weight was distributed throughout my body, causing my hip to twist and putting stress on my lower back, an imbalance that could strain muscles and put pressure on nerves. I have no way to test this theory, of course, but it's intriguing. A massage therapist might have helpfully kneaded tight muscles near my spine; an MD might have prescribed a painkiller. Shadoan did something that felt more like a gentle untangling, what he would describe as resetting the alignment of tissues and bones so that I would bear my weight

You're Just a Bundle of Nerves



That's how a DO sees you, anyway. Various groups of nerves up and down the spinal column (center) connect to internal organs that control your body's automatic functions—including tranquil ones like digestion and breathing (left) and more active ones, like sexual arousal and the fight-or-flight response (right). Tight areas between bones, muscles, and other tissues can irritate these all-important nerves, the osteopathic theory goes, affecting how well these bodily processes function.

Source: Foundations for Osteopathic Medicine, *2nd ed.*

more evenly and so blood and other healing fluids could flow unimpeded through my system again.

Although osteopathic manipulation is most commonly used to treat musculoskeletal conditions like back, joint, and neck pain, its practitioners say it offers relief from a range of medical problems, from asthma to migraines to Parkinson's symptoms. Some research bears this out. There is evidence, for example, that using manipulation to treat elderly patients with pneumonia results in shorter hospital stays and less use of medication. Other studies have suggested a link between manipulation and activity in the endocannabinoid system, the same system affected by the pain-relieving cannabis in marijuana.



DOs are taught that the very basis of health is the structure of the body.

But the results of studies are mixed overall, and there have been few reliable trials. This may be partly because, like treatments such as acupuncture, manipulation doesn't fit neatly into the scientific model of clinical testing. The gold standard is the double-blind, placebo-controlled study, in which neither practitioner nor patient knows if the person is receiving the treatment or a placebo. These studies are incredibly difficult to do on manipulation, because you have to do "sham" treatments. At best, the patient won't know if they're getting the treatment, but the practitioner will. Another reason may be cultural: The MD track has historically been better at training doctors to do research, and MDs have not been hugely motivated to do clinical trials on manipulation. Only a slim percentage of doctors practice manual manipulation, and some look on the therapy with skepticism. In recent years, there has been a push for more rigorous testing, which should eventually shed light on how and for what conditions this therapy is most effective.

Shadoan scoots his stool back, stands, and takes hold of my right arm. He rotates my shoulder joint, then my elbow, kneading tender points until they are no longer tender. In this, the treatment is reminiscent of a session of physical therapy, in which a therapist might find points of tension, where muscles are contracting, and press into them until the muscles release. Finding a particularly sore spot on the outside of my elbow, Shadoan moves my arm into a slightly elevated and inward-twisted position, which relieves the pain in my elbow and makes my head ache at the same time. He lowers my now-floppy arm onto the table and begins to press his fingers into my abdomen, near my belly button, while explaining how he takes all the information he's getting and "puts

it into a framework of the entire body being a tensegrity system." I'm getting pleasantly woozy, which makes it hard to concentrate on what he's saying. As he pushes the heel of his palm rather forcefully into my rib cage, I breathe out, hard, then ask what he means by "tensegrity system."

"*Tensegrity* is a term coined by the architect Buckminster Fuller," Shadoan says, "referring to tension and integrity. In architecture, you find tensegrity in domes, where you have a latticework of interconnected joints and supporting material stretched across them that puts tension into it to hold it, transmitting force throughout the whole thing." Early civilizations built massive pyramids and ziggurats that were simply stacked: no tensegrity. Once we mastered the concept, it allowed us to build suspension bridges and skyscrapers—buildings where the height is much bigger than the footprint.

"Like skyscrapers, humans have small feet and relatively big torsos and heads," he goes on. "Our brain monitors where the parts of the body are relative to each other and decides, OK, we need a little more tension here, a little less tension there. The brain is doing that all the time, whether we're sitting, standing, running, throwing. The number of unconscious calculations is unbelievable. An osteopathic treatment works to help the body to be more efficient in how it distributes weight and force."

Shadoan has his fingers tucked into my torso and is pulling on my rib cage. My whole body is vibrating like a plucked string.

"It's why when we treat somebody, we treat them from head to toe, whether they have a head injury or a broken ankle," he explains. "The body is trying to distribute all of our weight and keep us in balance on our tiny feet." When you're injured, suddenly other areas near the injury may have to carry more than their share, ultimately leading to problems distant from the injury. "If you twist your ankle, it's going to affect your knee, your hip, your back, your shoulder; you may get headaches. Go to an osteopath who specializes in manipulation and they'll treat the whole system." Tensegrity has been

In Search of a Treatment?

To find an osteopathic doctor specializing in manipulation, search for "Osteopathic Manipulative Treatment" or "Osteopathic Manual Manipulation" at these three websites:

- **AMERICAN OSTEOPATHIC ASSOCIATION: *osteopathic.org***
- **AMERICAN ACADEMY OF OSTEOPATHY: *physician.academyofosteopathy.org***
- **THE OSTEOPATHIC CRANIAL ACADEMY: *cranialacademy.org***



Whether they specialize in manipulation or not, DOs are likely to use their hands: to diagnose you, to soothe you, to convey warmth and connection. Studies show associations between touch and faster wound healing, stronger immunity, and reduced pain.



A manual manipulation treats the whole body, head included. Shadoan works the joints on both sides of the face, as well as the forehead and temples. Studies show manipulation may be good for sinusitis and chronic migraines.

used to create and test models in fields like cell biology, but like a lot in medical care, the concept amounts to unproven theory. Nonetheless, it makes intuitive sense: Because the musculoskeletal system is intimately interconnected with the nervous system, which controls the function of all our internal organs, the theory says that adjusting structure can affect a staggering range of processes in the human body—including disease.

My mind is a rowboat unmoored. The oars have slipped from their locks into the water below. But I try to remember this: The human body is more like a skyscraper than a pyramid, which is why if you have a sprained ankle you can end up with headaches.

There's been much enthusiasm of late for preventive medicine, both from the government (as a feature of the Affordable Care Act) and from patients, who have been turning to integrative care in droves. This may be why so many doctors-in-training are being drawn to the growing number of osteopathic colleges—for the hands-on approach and emphasis on preventive care. Because DO schools have historically been easier to get into than conventional medical schools, however, some see them as a back door to a medical degree. But applicants' scores have been rising steadily over the past decade, and competition for spots in osteopathic colleges is intensifying. Last year, 17,944 hopefuls applied for just over 6,200 spots.

> "When I float out of Shadoan's office, I'm breathing more deeply than I have in months."

While many MDs gravitate toward high-paying and more prestigious specialties such as cardiology and surgery (in part because they have more student debt to pay off), 60% of DOs are primary care physicians. Inspired by the social mission imparted in osteopathic med school, more than one in five practice in underserved communities, both rural and urban. And according to the American Osteopathic Association, graduating DOs are largely continuing this trend. This may be good news for a country in which the number of MDs going into primary care is plummeting, and the anticipated physician shortage will hit underserved communities hardest.

At the same time the number of DOs is rising, the already hazy lines between DO and MD are getting blurred further. Last year, the Accreditation Council for Graduate Medical Education announced a plan to merge the historically separate DO and MD residency programs into a single system. This means that by 2020 all doctors in the US, whether MD or DO, will finish their medical training under one umbrella. In a press release, Stephen Shannon, the



Shadoan takes all the information he gets through his fingers and puts it into a framework of the entire body.

president of the American Association of Colleges of Osteopathic Medicine, said that this approach "not only streamlines but strengthens the post-doctoral process, enhancing the ability of all physicians to learn the unique characteristics of osteopathic medical practice." Whether this plays out in practice remains to be seen.

When I float out of Shadoan's office, it feels as if I'm breathing more deeply than I have in months. The pain in my back has subsided, my arms swing loose at my sides, and my skull seems perched more squarely atop my spine. I'll feel mildly euphoric and absentminded, my whole body humming, for hours. After the initial pleasant effects, I'll be deeply sore for at least a day.

In the short term, my back pain was relieved, an effect that has also been reported in clinical trials indicating that manipulation can lower rates of pain relapse, the use of pain medications, and missed days at work. The long-term effects of a single treatment are harder to quantify. Manual manipulation is designed to support the body's own healing mechanisms, so that you recover faster and stay healthier over time. I can't say how much faster I healed with this one treatment than I might have healed without it. Or how fast I might have healed with more regular treatments. Sometimes my back still hurts, but I also sit hunched at a computer all day. This is why controlled studies like the one with pneumonia patients are crucial to understanding manipulation; they track a group of patients over time.

Most DOs who practice manipulation encourage patients to come in every few weeks, or every few months, depending on the person's age and medical history. Get your musculoskeletal system tuned up, get your fluids flowing, they say, and your body will be more disposed toward good health. It may be that manipulation works better for some patients, and some conditions, than for others. But having more doctors who simply lay hands on their patients is good news for all of us.

Amazing Way To Improve Your Joint Health Naturally!

VITAL g-NETICS®
flexsure®
RESTORATIVE JOINT HEALTH*

Finally there's a New Innovation in Joint Health that's Changing the Game!



Safe and CLINICALLY SHOWN Effective*

PROUDLY MADE IN U.S.A.



Introducing Flexsure®

- ☑ Years of clinical studies show that Flexsure® restores your body's ability to produce its own glucosamine, chondroitin and collagen naturally.*
- ☑ With Flexsure® you won't need glucosamine supplements anymore.*
- ☑ Notice improved flexibility and mobility in just days!*

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure, or prevent any disease.

Go to Flexsure.com for Special Discounts and to find a store near you!

Connect with us:

Flexsure® is now available nationwide at Walgreens, and at your favorite Super Center. Stop by the Vitamin Aisle today!

Available at: Walgreens

Have Dog, Will Travel

The latest hotel trend has a major payoff for your pooch.



KEN GILLESPIE PHOTOGRAPHY/GETTY IMAGES

BY KAREN ASP

The first time my golden retriever, Jessie, stepped paw into a hotel, I was nervous. We were at Chicago's Hotel Burnham. I knew it was pet-friendly, but I had no idea how she would feel or how the hotel would actually react when faced with a dog at check-in. So when we arrived to find Jessie's name on a "VIPets" board and staffers waiting for her with treats, a bed, and a bowl, we were both psyched. They offered to arrange dog-walking or sitting services and even invited Jessie to the free nightly wine hour.

This type of pooch pampering is part of a growing trend in the hotel industry. "It's no secret that dogs are part of the family, and given the option, most people would prefer to bring them along on their travels," says Marylouise Fitzgibbon, general manager of the W Fort Lauderdale hotel.

Before you pack a suitcase for your furry companion, though, consider if he or she would make a good hotel guest. Does she respond well to strangers and commands? Rarely bark or cry? Is she comfortable in unfamiliar places? If you answered yes to all, you're in luck.

When your liver works better, *everything* works better.

Support it with the Healthy Liver Kit!

This comprehensive liver health and detoxification kit provides vital nutrients, potent plant extracts, and other active compounds essential to a healthy liver — one of your body's hardest-working organs! Get the balance back in your life with this must-have kit!

As featured in





~~Retail Value $57~~

Only $45.00

plus FREE S&H*

Item #FHLIVERKIT



The Healthy Liver Kit provides these 3 powerful supplements

Cruciferous Detox Formula
Promotes healthy detox, hormone health, and cellular function
(30 veg. capsules)

Milk Thistle Extract
Helps ensure healthy liver and prostate function
(60 veg. capsules)

Amino-Antioxidant Support
Protects against oxidative stress and the effects of free radicals
(90 veg. capsules)

151.01.003D 0715

Order online at **www.foreverhealth.com/detox**
or call toll-free **1-855-894-4928**

Must use **Discount Code FHC523A** to get special pricing.

Offer expires 8/3/15 • 100% Money-Back Satisfaction Guarantee

Improve your health & energy.

Visit www.foreverhealth.com and connect with practitioners specializing in bioidentical hormone replacement therapy (BHRT), integrative and environmental medicine, and overall health and longevity.

FOREVER HEALTH
A NEW WAY TO AGE

These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure, or prevent any disease.

*Standard shipping and handling (regularly $5.95) in contiguous U.S. only.

Forever Health will not be liable for typographical, photographic or other pricing or content errors found in our printed or electronic communications. Prices subject to change without notice. Cannot be combined with any other offer.



Update your pet's ID tags or implant a micro-chip for added travel safety.

Start your search by pinpointing what you want out of the hotel. If you're looking for one-night lodging that allows pets with low (under $25) or no pet fees and clean, comfortable rooms, chains like Kimpton Hotels, La Quinta, Motel 6, and Red Roof Inn are good bets, says Amy Burkert, owner of GoPetFriendly.com and a pet travel expert.

But if you're staying a little longer and looking for a few more perks, focus on hotels that offer pet amenities, like in-room pet menus and spa services, plus easy access to outdoor areas for bathroom breaks and nearby pet-friendly activities. Just be prepared to pay a little extra.

CAVAN IMAGES/OFFSET



SmartBones
The HEALTHY Alternative to Rawhide



HIGHLY DIGESTIBLE
NO RAWHIDE
VITAMIN & MINERAL ENRICHED
100% Rawhide-Free
Highly Digestible
Helps Maintain Healthy
Teeth & Gums
Vitamin & Mineral Enriched
So Unique...It's Patented!
For the complete line of products & coupons,
visit www.smartbones.com
PETMATRIX (877) 336-3647

To find a place that will welcome your pooch, try GoPetFriendly.com or BringFido.com. But before you book, call properties directly; many have weight restrictions for pets or set aside only a few rooms as pet-friendly.

As for Jessie, she loved her stay. Now when I look at her pleading eyes, I imagine them asking not for a morsel but for a road trip.

Fly the Pet-Friendly Skies

Sonja A. Olson, DVM, senior emergency clinician with BluePearl Veterinary Partners in Tampa, FL, on how to keep animals safe during plane travel:

1) Make sure your pet is fit to fly. High-energy or anxious pets with cardiac, respiratory, or neurological issues may be better suited to travel with you via car.

2) Ensure that the airline can accommodate your pet. Many airlines have restrictions, like how many pets can be in the cabin per flight and where they can fly geographically.

3) Mark cargo-bound pets' crates with their name and your name, cell phone number, and e-mail address. Throw in a favorite toy for added comfort.

4) Let pets do their business before boarding. Preflight food and water are OK, but only brands your pet is used to.

5) Keep in-cabin pets on a leash at all times and ask your vet if it's safe to calm them with Benadryl or Xanax preflight.

How can I be sure my supplements are safe?

This issue recently made headlines when four major retailers were accused of selling herbal products that didn't contain what was stated on the packages. Though that verdict from the New York State attorney general's office was based on a relatively new testing method whose results have not been corroborated, you must scrutinize labels and do your research.

Before shopping, look for safety and effectiveness information from trustworthy sources like the Office of Dietary Supplements. In stores, choose brands that advertise ingredient purity and carry a mark on their labels from quality-assuring organizations like the US Pharmacopeia. As always, the best way to ensure that you get the correct benefits from medicinal herbs is to grow your own right on your countertop and cook with them. Try mint as a digestive aid or basil to fight colds.

ANDREW WEIL, *MD, is founder and director of the Arizona Center for Integrative Medicine and a clinical professor of medicine at the University of Arizona.*

Send your questions for Dr. Weil to ***askdrweil@prevention.com.***



COURTESY OF WEIL LIFESTYLE

NEW

"My friends all hate their cell phones… I love mine!" Here's why.

No Contract

Say good-bye to everything you hate about cell phones. Say hello to Jitterbug.

"Cell phones have gotten so small, I can barely dial mine." Not Jitterbug®, it features a larger keypad for easier dialing. It even has an oversized display so you can actually see it.

"I tried my sister's cell phone… I couldn't hear it." Jitterbug is designed with an improved speaker. There's an adjustable volume control, and Jitterbug is hearing-aid compatible.

"I'd like a cell phone to use in an emergency, but I don't want a high monthly bill." Jitterbug has a plan to fit your needs… and your budget.



Available in Blue (shown) and Red.

Why pay for minutes you'll never use!

	Basic 14	Basic 19
Monthly Minutes	50	~~was 100~~ NOW 200
Monthly Rate	$14.99	$19.99
Operator Assistance	24/7	24/7
911 Access	FREE	FREE
Long Distance Calls	No add'l charge	No add'l charge
Voice Dial	FREE	FREE
Nationwide Coverage	YES	YES
Friendly Return Policy[1]	30 days	30 days

More minute plans available.
Ask your Jitterbug expert for details.

Order now and receive a **FREE Car Charger** for your Jitterbug – a $24.99 value. Call now!

Enough talk. Isn't it time you found out more about the cell phone that's changing all the rules? Call now, Jitterbug product experts are standing by.

jitterbug5 firstSTREET for Boomers and Beyond®
1998 Ruffin Mill Road
Colonial Heights, VA 23834

NEW Jitterbug5 Cell Phone

Call toll free today to get your own Jitterbug5 phone.

Please mention promotional code 100698.

1-877-461-1733

www.jitterbugdirect.com

47632

IMPORTANT CONSUMER INFORMATION: Jitterbug is owned by GreatCall, Inc. Your invoices will come from GreatCall. All rate plans and services require the purchase of a Jitterbug phone and a one-time set up fee of $35. Coverage and service is not avaiable everywhere. Other charges and restrictions may apply. Screen images simulated. There are no additional fees to call Jitterbug's 24-hour U.S. Based Customer Service. However, for calls to an Operator in which a service is completed, minutes will be deducted from your monthly balance equal to the length of the call and any call connected by the Operator, plus an additional 5 minutes. Monthly minutes carry over and are available for 60 days. If you exceed the minute balance on your account, you will be billed at 35¢ for each minute used over the balance. Monthly rate plans do not include government taxes or assessment surcharges. Prices and fees subject to change. We will refund the full price of the GreatCall phone and the activation fee (or set-up fee) if it is returned within 30 days of purchase in like-new condition. We will also refund your first monthly service charge if you have less than 30 minutes of usage. If you have more than 30 minutes of usage, a per minute charge of 35 cents will be deducted from your refund for each minute over 30 minutes. You will be charged a $10 restocking fee. The shipping charges are not refundable. Jitterbug and GreatCall are registered trademarks of GreatCall, Inc. Samsung is a registered trademark of Samsung Electronics Co., Ltd. ©2015 Samsung Telecommunications America, LLC. ©2015 GreatCall, Inc. ©2015 *first*STREET for Boomers and Beyond, Inc.

Advertisement

An Ounce of Hydrogen Peroxide is Worth a Pound of Cure

(SPECIAL) - Hydrogen peroxide is trusted by every hospital and emergency room in the country for its remarkable ability to kill deadly germs like E. coli. In fact, it has attracted so much interest from doctors that over 6000 articles about it have appeared in scientific publications around the world.

Research has discovered that hydrogen peroxide enables your immune system to function properly and fight infection and disease. Doctors have found it can shrink tumors and treat **allergies, Alzheimer's, asthma, clogged arteries, diabetes, digestive problems and migraine headaches**.

Smart consumers nationwide are also discovering there are hundreds of health cures and home remedy uses for hydrogen peroxide. A new book called *The Magic of Hydrogen Peroxide* is now available that tells you exactly how to use hydrogen peroxide by itself... and mixed with simple everyday kitchen items... to make liniments, rubs, lotions, soaks and tonics that treat a wide variety of ailments.

It contains tested and proven health cures that do everything from relieving **chronic pain** to making **age spots** go away. You'll be amazed to see how a little hydrogen peroxide mixed with a pinch of this or that from your cupboard can:

- **Relieve arthritis, rheumatism & fibromyalgia**
- **Treat athlete's foot, foot and nail fungus**
- **Clear up allergies and sinus problems**
- **Soothe sore throats, fight colds and flu**
- **Help heal boils and skin infections**
- **Whiten teeth without spending a fortune**
- **Destroy dental bacteria and heal gingivitis**
- **Help heal cold sores, canker sores**
- **Relieve insect bites and stings**
- **Soothe sore feet, soothe muscle aches**
- **Help minor wounds and cuts heal faster**
- **Clear up acne, rashes and age spots**
- **Help heal yeast infections**

Besides killing E. coli, hydrogen peroxide also destroys botulism, salmonella and other harmful organisms. It works by making viruses and bacteria self-destruct on the cellular level. Amazingly, for something so powerful, hydrogen peroxide is safe. That's because after it makes germs self-destruct, hydrogen peroxide turns into harmless water.

The Magic of Hydrogen Peroxide book is a valuable health improvement treasure that also shows you how to make tons of household cleaners that work better and more economically than expensive store-bought products. Discover formulas that:

- **Kill germs on kitchen surfaces and utensils**
- **Make a powerful scouring powder that works wonders on sinks, refrigerators and ovens**
- **Disinfect coffee makers, tea pots and blenders**
- **Sanitize wood cutting boards and spoons**
- **Clean out and disinfect clogged drains**
- **Make wood floors, grout and linoleum gleam**
- **Get rid of harmful bacteria on fruits, vegetables and meats with this safe and effective food rinse**
- **Clean toilet bowls, bath tubs and showers**
- **Sterilize dentures**
- **Clean and disinfect pet stains**
- **Remove mold and mildew**
- **Remove wine, ink and blood stains**
- **Boost laundry detergent power**
- **Streak-free-clean windows & mirrors**
- **Rid pets of parasites and bacteria**
- **Make plants flourish**

The Magic of Hydrogen Peroxide also gives you a list of qualified physicians who use hydrogen peroxide in their practices to treat serious ailments. Also included FREE are home remedy formulas using vinegar, garlic baking soda and teas.

To get your copy of *The Magic of Hydrogen Peroxide* direct from the publisher at the special introductory price of $19.95 plus $3.98 shipping and handling (total of $23.93, OH residents please add 6.5% sales tax) simply do this:

Write "Hydrogen Peroxide" on a piece of paper and mail it along with your check or money order payable to: James Direct, Inc., Dept HP584, 500 S. Prospect Ave., Box 980, Hartville, Ohio 44632.

Credit card orders send card number, expiration date and signature.

Save even more and get two books for only $30 postpaid. 90 day money back guarantee.

FREE GIFT! You will also receive a copy of the handy booklet *"How To Grow, Dry, Use & Prepare Herbs"* as our gift to you. Even if you return the book, it is yours to keep with no obligation.

Supplies are limited. Act now.

©2015 JDI HP143S02

http://www.jamesdirect.com

RODALE

Maria Rodale
Chairman and Chief Executive Officer

Scott D. Schulman President

Paul McGinley
EVP, General Counsel, Chief Administrative Officer

Thomas A. Pogash
EVP, Chief Financial Officer

Anne Alexander
SVP, New Content Development

Beth Buehler
SVP, Digital Operations and Strategy

Miranda DeSantis
SVP, Human Resources

Chris Lambiase
SVP, Group Publishing Director

Mary Ann Naples
SVP, Publisher, Rodale Books

Robert Novick
SVP, International, Business Development and Partnerships

Brian O'Connell
SVP, Business Operations and Strategy

Joyceann Shirer
SVP, Magazine and E-Tail Consumer Marketing

J.I. Rodale
Founder, 1942–1971

We inspire and enable people to improve their lives and the world around them.

Prevention · eatCLEAN · OrganicLife · Men'sHealth · Women'sHealth · GROW · RUNNER'S WORLD · RUNNING! · RODALE BOOKS · RODALE'S Bicycling

Rodale Inc., 400 S. 10th St., Emmaus, PA 18049 **rodaleinc.com**

THE PREVENTION PLEDGE: You can count on the recommendations you find in *Prevention* to be checked thoroughly for accuracy and supported by the opinions of leading experts and up-to-date research.

Get your doctor's approval before beginning any exercise or dietary program.

Prevention (ISSN 0032-8006) is published monthly by Rodale Inc. Vol. 67, No. 7. Office of publication is 400 S. 10th St., Emmaus, PA 18049; (800) 813-8070. Copyright 2015 by Rodale Inc. Periodicals postage paid at Emmaus, PA, and at additional mailing offices. **Postmaster (US):** Send address changes to Prevention, PO Box 26299, Lehigh Valley, PA 18002-6299. **In Canada:** Postage paid at Gateway, Mississauga, Ontario. Canada Post Publication Mail Agreement Number 40063752. GST#R122988611. Return undeliverable Canadian addresses to Prevention, 2930 14th Ave., Markham, Ontario L3R 5Z8. All rights reserved. Prevention is a registered trademark of Rodale Inc. Subscribers: If the postal authorities alert us that your magazine is undeliverable, we have no further obligation unless we receive a corrected address within 18 months. **Reader Preference Service:** We occasionally make our mailing list available to other companies whose products or services might interest you. If you prefer not to be included, write to Prevention Customer Service, PO Box 26299, Lehigh Valley, PA 18002-6299. Printed in the USA.

Licensing and reprints: Contact Nick lademarco at (877) 652-5295 ext. 102 or *niademarco@wrightsmedia.com*.

ADVERTISEMENT

what's got Prevention's attn



GARMIN

1



BARNDAD

2

1. Garmin

vívofit® is the only activity tracker with a 1+ year battery life, backlit display and move bar with audible alert. Shows steps, calories, distance and time of day.

garmin.com/vivo

2. BarnDad

BarnDad's FiberDX® is a 100% natural, fiber matrix that provides 52% to 56% of your daily fiber requirements and helps to stabilize blood sugar levels.

barndadnutrition.com

Visit prevention.com/attention.

MIDSUMMER'S BEST FROM A PIE WHIZ

Nothing says summer better than corn on the cob. This simple dinner from healthy-food stylist and cookbook author Suzanne Lenzer celebrates the seasonal symbol in a fresh new way: sprinkled on a pizza.

LEEK-JAM AND MIDSUMMER-CORN PIZZA

TOTAL TIME: 35 minutes

Heat oven to 550°F. In skillet, heat 2 Tbsp **extra virgin olive oil** over medium-high heat. Add 1 lg **sliced leek**; sprinkle with **salt**. Reduce heat to medium low. Cook, stirring, until leek softens, 10 to 12 minutes. Add a few tablespoons **water** and cook, stirring, until leek thickens, 8 to 10 minutes. Roll out 1 ball **thawed pizza dough** (about 6 oz) on greased baking sheet. Spread leek over dough; scatter 3 oz **torn fresh mozzarella** over crust. Sprinkle ½ cup **corn kernels** on top. Bake until crust is browned, 6 to 10 minutes. Garnish with **fresh basil**. Serves 2.

NUTRITION (per serving) 502 cal, 19 g pro, 53 g carb, 3 g fiber, 7 g sugars, 27.5 g fat, 6.5 g sat fat, 766 mg sodium





SUZANNE LENZER is the author of *Truly Madly Pizza* (Rodale, 2015) and a longtime food stylist, most notably working with Mark Bittman to make his simple meals look that much more amazing.

PHOTOGRAPH BY EMILY KATE ROEMER; FOOD STYLING BY LESLEY STOCKTON; PROP STYLING BY KRISTINE TREVINO. ILLUSTRATION BY KEVIN SPROULS

NEW

Abbott

HIGH PROTEIN

TO RECHARGE YOUR BODY

16g Protein

23 Vitamins & Minerals

160 Calories



RECHARGE WITH HIGH PROTEIN

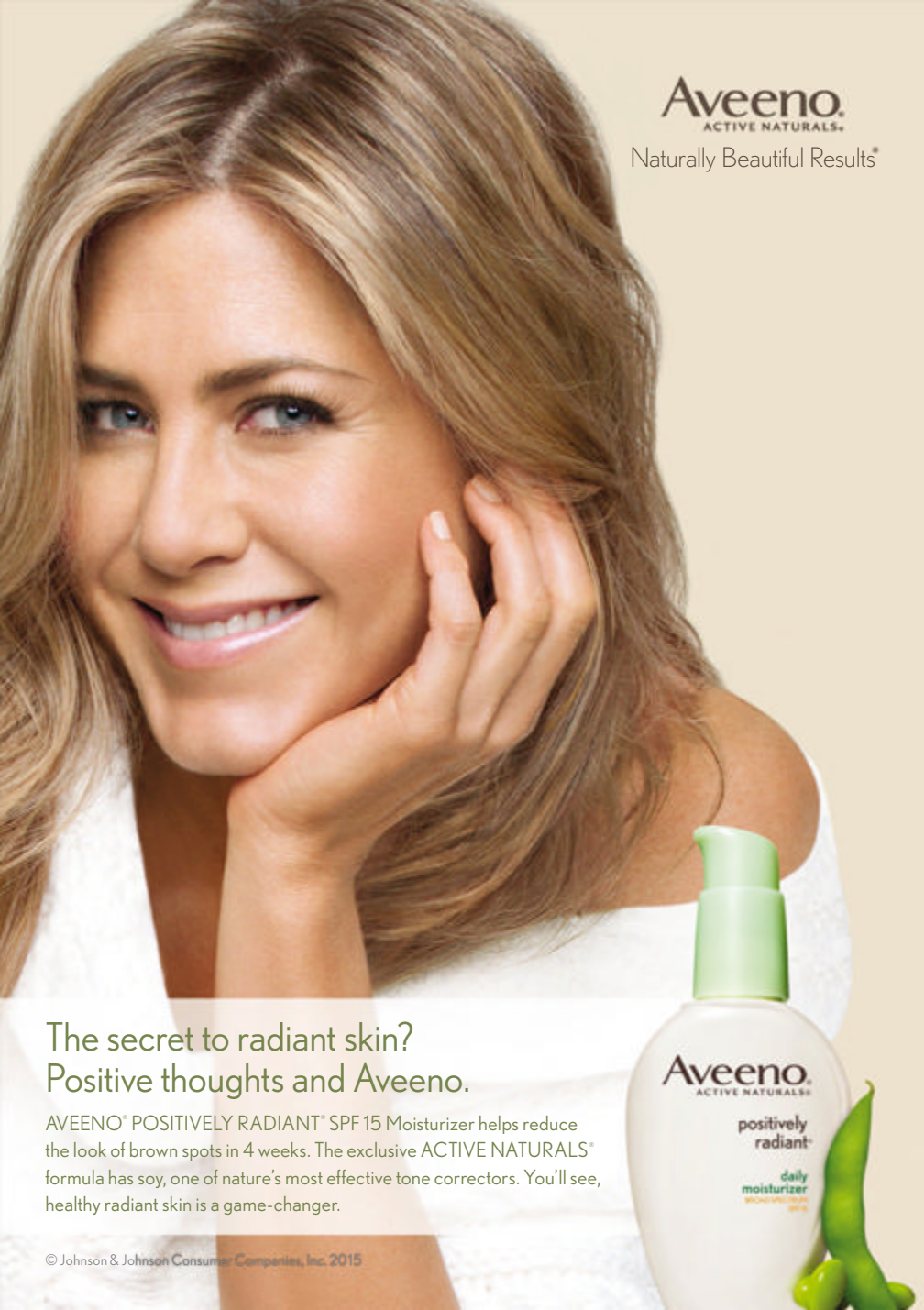
New Ensure Active™ High Protein

Nutritious energy and strength go hand in hand. So we put them both in a bottle.

Use as part of a healthy diet and exercise plan.
*Among doctors who recommend liquid nutritional products.

©2015 Abbott Laboratories
93306/May 2015 LITHO IN USA

Ensure TAKE LIFE IN.


Aveeno
ACTIVE NATURALS
Naturally Beautiful Results®
The secret to radiant skin?
Positive thoughts and Aveeno.
AVEENO® POSITIVELY RADIANT® SPF 15 Moisturizer helps reduce the look of brown spots in 4 weeks. The exclusive ACTIVE NATURALS® formula has soy, one of nature's most effective tone correctors. You'll see, healthy radiant skin is a game-changer.
Aveeno
ACTIVE NATURALS
positively radiant
daily moisturizer
© Johnson & Johnson Consumer Companies, Inc. 2015